

Join us and take part in

100 Miles in May

Get involved in your own way!

This May, we're challenging you to move 100 miles in whatever way you want, by joining the 100 Miles in May challenge!

Whether you're an experienced runner or enjoy a peaceful stroll, this event is for everyone.

Every mile you complete, and pound you raise will help raise awareness and help us provide more essential mental health support for those who need it most.

For more information please contact: events@rethink.org

Scan the QR code to find out more

