

Walk Out Of the Darkness

The mission for this 182 mile walk is to bring up mental health awareness to First Responders worldwide!

Saturday, August 24 to Saturday, September 7

Takes place in England,
starting at the Irish Sea coast of Cumbria at St Bees.



Walk with us...

The whole way,
or
for just one day.



For more information, email
soburntout212@gmail.com

The Proud Sponsors of this event



Helen Maddison,
Trauma Informed Coach

RIIRNT
O-U-T
PODCAST