

HEAD UP

MENTAL HEALTH AWARENESS FOR ARMED FORCES

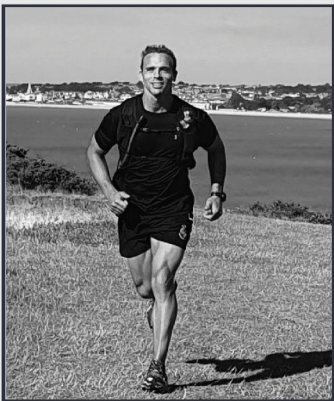
Paul needs your help!

Paul Minter, Founder of HEAD UP is preparing to break a world record and run around the entire circumference of the UK (approx. 6,000 miles in 200 days) to raise money for his new mental health charity for the British Armed Forces: HEAD UP.

Paul has served 5 frontline tours (4 in Afghanistan, 1 in Iraq), and after 18 years of service in the British Army, he's now on a mission to help thousands of others struggling with PTSD, depression and other mental health conditions.

Paul needs your help! He'll need places to stay along the route (anywhere near the coastline), food (plant-based), and people to run alongside him at certain stages (Forrest Gump style). The run will start on November 28th in Newcastle, South Shields. From there, he will run clockwise around Great Britain and Northern Ireland.

For interviews, collaborations and large donations, please email HEAD UP's PR agency:
team@darkgreenpr.com



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