

# A Mental Marathon

A swim that aims to create waves in mental health conversation.

My name is Katie Fielding and 11 years ago I was diagnosed with a mental health condition.

For a long time, my diagnosis defined my life.

After years of learning and self-acceptance, I have reached a point where I acknowledge that my mental health condition is just a small part of who I am. I have layers, strengths and goals and have been fortunate to achieve many dreams in my life. Dreams I am so proud of.

Regardless of the label I am given, I realise I have so much to offer this world and I want to encourage anyone struggling to know that there is always hope and possibility.

I am challenging myself once again with a Marathon Swim in the Burnie Pool to raise awareness and much needed funds to support mental health services and to keep this conversation going.

**When:** 9 December at 9.00am

**Where:** Burnie Aquatic Centre 1-5 Terrylands Street, Terrylands Ln, TAS 7320

Please help me by making a donation through the QR code. Your support means everything to me.



To those individuals, please know there is a space for you, and you are more than your diagnosis.

You are so special in your own right.

- *Katie*



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