

The Socialrun Foundation

We believe in an inclusive society, where all people are accepted for their capabilities, vulnerabilities and peculiarities. In a society where everyone has the chance to achieve their potential and to participate fully. The Socialrun Foundation wants to literally be the movement which promotes candour about mental illness and social inclusion of people with mental health vulnerabilities.

We do this by organizing sports activities. By, for and with the people with mental health vulnerabilities. Not competition, but the importance of participation and cooperation is at the heart of all the activities.

Mental health problems have been getting a lot of attention. For good reason. Nearly 1 in 5 people are currently suffering from mental health problems. And over 4 in 10 people at some point in life, suffer from mental health problems. Less well known, but equally important, is the fact that 8 in 10 people with mental health problems suffer more from the stigma than from the actual symptoms. Loneliness, feelings of inadequacy, inability to fully participate... the effects of stigma run deep.

Stigma awareness is increasing. There is a lot being published, and information being provided, on the subject. So too by us.

Socialrun gets people moving

We get stigma out by the root, by doing something great together. In a positive and evocative way Socialrun lets people experience how very valuable it is to have everybody participate fully, regardless of mental health vulnerabilities. Really participate. This is what we believe in.



We do this because we believe in it, because we see it makes people happy and really gets them going, every time. And because mounting scientific information tells us that doing and experiencing something positive, yields greater impact than just knowledge of a problem.

The Socialrun relay race: 555km in 48 hours

Since 2012, every year on the third weekend of September, it is a relay race: a 555 km run in just over 48 hours. In 2012, we had one team of people working in or receiving mental health care. We kept growing over the next seven years. By 2019, we had over 40 teams cross the finish line. The participants came from every direction, from mental health institutions, but also foundations, insurance companies and other businesses.

Traversing so many miles and so many hours together, does something to a person. Running for many hours, sharing the sunrise and the euphoria of sleep deprivation – Socialrun connects people. This connection lets people view themselves and others differently. Everyday roles fade away. And so does stigma. Participating in Socialrun is more than just going for a run for the weekend. A team will be working to get participants, items, and (miles) funding well in advance. This could very well take six months.

Through this intensive and prolonged cooperation in a team, candour about mental health vulnerabilities naturally becomes a conversation topic. Because Socialrun spurred more movement than just the run, we are an independent foundation as of May, 2018. With two people on the payroll and 40 highly motivated volunteers we are creating a broad movement in several countries.

Our focus and commitment ensures that teams constantly come out and tell the Socialrun story of stigma, the importance of candour and the power of joint participation.



We believe in the importance of these personal experiences. If Socialrun helps one participant come out with their mental health vulnerabilities, it reverberates through to the others. This already makes participation very valuable!

If one member of a team realizes afterwards that we are all people with greater or lesser mental health vulnerabilities and that you get further when everyone is in, we've made a world of difference!

Stigma isn't eradicated by raising a lot of money, but by telling our stories

Lots of our stories. Adopting miles is there to make sure the stories keep being passed on. The story of Socialrun does not end with the team. It endures and is talked about at social gatherings, to friends and co-workers. 100 percent of the team's money is spent on projects that contribute to candour about mental illness and the inclusion of people with mental health vulnerabilities.

Socialrun does not receive any grants, because we feel those do not help us tell our story. We are looking for benefactors intrinsically motivated to support our mission.

www.socialrun.nl

