Thomas Dunning Biography

Thomas Dunning, otherwise known online as his alias “Mental Health Runner” is a mental health advocate sharing his various personal stories from suicide to recovery. He runs the website [mentalhealthrunner.co.uk](http://mentalhealthrunner.co.uk/) as a platform to share his tales to break down the walls of mental health stigma and hopefully save lives of those suffering in silence. At his worst, Tom attended A&E twice in one night often because he couldn’t take anymore. With the help of his wife Amber, Thomas found running – a simple activity where he can lace up his trainers and go wherever the roads take him; this is where he made the discovery on how physical exercise benefits mental health. Thomas was diagnosed with Post Traumatic Stress Disorder, Borderline Personality Disorder / Emotionally unstable personality disorder and Social Anxiety Disorder and is driven to help show the world its okay to not be okay. Now he’s on the recovering end, he’s making a stand in the world to help break the silence, de-stigmatise and help others on their journey through the quagmire of mental health. If there is 1 in 4 people suffering with a mental health problem, there is always 3 others who can help save a life. Thomas continues to this day working alongside the Lincolnshire NHS on the board of governors, Been awarded the active change award from active lincolnshire and his book "Surviving the war against yourself" is due to be released early 2020.