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 it’s 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 is also the founder of the First Steps Forward Programme, helping individuals who have been diagnosed with mental health issues to put on their trainers and find their own happiness in running. Thomas has also forged a reputation as a popular and award-winning mental health blogger. He has previously been voted as the runner up in the SUNDRIED Health Blog of the Year and has also authored Surviving the War Against Yourself. Thomas is also a multi-award winning blogger, claiming the “Active Change award” 2019 from active Lincolnshire and going onto win the “Trailblazer in social change award” 2020 from SHP. HE also started Run Talk Run Lincolnshire and been appointed as the Service User Governor for Lincolnshire Partnership NHS Foundation Trust. Thomas is also a member of the Brooks Run Happy Team, and a qualified Leader in Running Fitness with Athletics England.