

Hi, I'm Sally

The army was a huge part of my life for 22 years. I served as a Reservist in the Royal Army Medical Corps and reached the rank of Major. The highlight of my military career was three and a half months of operational deployment in Afghanistan in 2011. I was the Physiotherapy Officer in Charge of a medical rehabilitation team at a field hospital in Camp Bastion. It was an incredible privilege to be supporting frontline troops and putting my training into action in a theatre of operation.

During the last few years of my military career, I struggled with severe depression and chronic anxiety. I battled on alone, not wanting to show any sign of weakness, but by 2017 I couldn't hide my mental health struggles any longer.

As a Reservist whose illness was not due to an operational tour, I wasn't able to receive treatment through the army. At the time, I wasn't a veteran either, so I couldn't get help from many ex-service organisations. Eventually, I found Walking With The Wounded.

I wish I had contacted them sooner, because they listened, understood and offered me the help I needed straight away. They introduced me to a therapist near my home and funded the first 12 therapy sessions.

That's what makes Walking With The Wounded so special. They support people like me who might otherwise slip through the cracks.

P.T.O.



*One of my greatest achievements was running the toughest footrace on earth, the Marathon des Sables in Morocco, to raise funds for Walking With The Wounded.*





*I've competed in endurance races and marathons all over the world, but the toughest challenge I faced was with severe depression and chronic anxiety.*

I'm in a much better place now. I live a life, rather than endure a life – and that's thanks to Walking With The Wounded. I still see the same therapist on a regular basis, which helps me to keep my mental health on track.

Having reached crisis point myself, I'm so thankful that I came out the other side. But the fact is, too many people don't make it out the other side. I know people who have taken their own lives and I have seen the devastating impact their suicide has had on loved ones and friends.

I want to do everything I can to encourage ex-service men and women to seek help sooner. That's why I run marathons and enter endurance races to raise awareness of mental health, as well as funds for charities like Walking With The Wounded.

It's hard to put into words the difference Walking With The Wounded has made to me. They were there for me when no one else was, when I felt I had no reason to live. I literally owe my life to them.

*Sally*