



# Walk in My Shoes

Walk in My Shoes (WIMS) is the flagship awareness-raising and education campaign of St Patrick's Mental Health Services (SPMHS). WIMS was first established in 2012 when a young man in SPMHS said he wished his friends could walk in his shoes to understand how he was feeling. Since then, thousands of students and teachers from across Ireland have gotten involved, and have been at the forefront of starting a very important conversation about mental health.



## Ways to get involved



WIMS runs a number of campaigns and events throughout the year to promote positive mental health, and there are lots of ways that teachers, students and parents can get involved, spark conversation, tackle stigma and foster wellbeing.

### WIMS Initiatives

**WIMS Live**  
Online events and activities

**Mission Possible**  
School achievement awards

**WIMS Webinars**  
Series of wellbeing webinars

**Frame of Mind**  
Short film competition

**TY Programme**  
TY work experience

**School Portal**  
Wellbeing project platform

**#MindYourSelfie**  
Annual social media campaign

WIMS provides a number of free downloadable resources on its website. All WIMS videos, including webinars, mindfulness practices and much more, are shared on its YouTube channel.