



WHERE YOUR MONEY GOES



YOUR DONATION FUELS STILL I RUN'S MISSION

Still I Run is a global nonprofit organization that promotes running for mental well-being so that more people can live healthier lives. Our mission is to make every step a stride towards improved mental health and well-being.



Still I Run
MENTAL HEALTH RUNNER

MENTAL HEALTH RUNNER - COHORTS

The Mental Health Runner in-person cohorts help people navigating mental health challenges get started with running in a welcoming, low-pressure environment. Participants train together with guidance from coaches and the support of peers who understand the link between movement and mental wellbeing. The emphasis is on showing up, building confidence, and finding connection through shared experience.

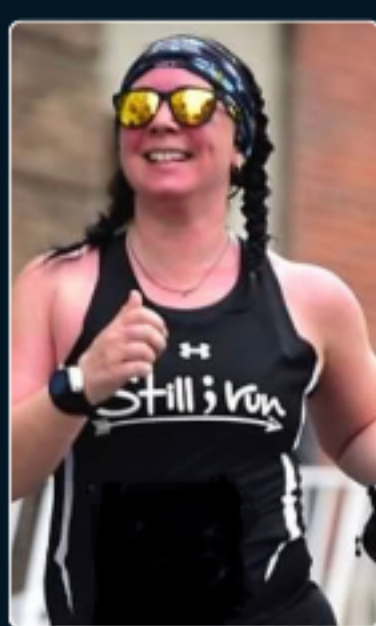
The Mental Health Runner Self-Guided Program offers a flexible way to begin running for mental health on your own time. Participants receive running shoes, a technical shirt, and a workbook with training plans and mental health resources. The program removes common barriers while providing structure and encouragement, making it easier to take that first step forward.

MENTAL HEALTH RUNNER - SELF-GUIDED

NATIONAL RUN CHAPTERS

Run Chapters bring the Still I Run community into local neighborhoods by creating consistent, welcoming spaces to move together and talk openly about mental health. Led by trained volunteer leaders, chapters host regular group runs and walks that are free, inclusive, and open to all paces and experience levels. The goal is simple: make it easier for people to show up, feel connected, and know they are not alone in their mental health journey.

RESEARCH SHOWS THAT AEROBIC EXERCISE, SUCH AS RUNNING, IN A SUPPORTIVE GROUP SETTING CAN IMPROVE YOUR MOOD!



AMBASSADOR PROGRAM

The Still I Run Ambassador Program empowers runners and walkers to use their miles to spark conversations about mental health and help reduce stigma. Ambassadors represent Still I Run at races and events, share their personal stories, and raise funds to support free, accessible programs for others. Through training, resources, and community support, ambassadors turn movement into advocacy and help extend the reach of the mission far beyond the starting line.

OFFICIAL EVENTS

Still I Run hosts several official events each year that invite people to move for their mental health and show up as their full selves. These running and movement-based events create space for participants to share personal stories, build connection, and feel supported by a larger community. Together, thousands of participants help challenge stigma around mental illness and remind others that mental health belongs in everyday conversations.



WHY OUR MISSION MATTERS

15 mins

OF RUNNING, OR AN HOUR OF WALKING CAN REDUCE THE RISK OF MAJOR DEPRESSION BY 26%

1 in 5

AMERICANS WILL EXPERIENCE A MENTAL HEALTH CONDITION IN A GIVEN YEAR.

89%

OF 1,158 STUDIES FOUND A STATISTICALLY SIGNIFICANT, POSITIVE ASSOCIATION BETWEEN EXERCISE AND MENTAL HEALTH.



We believe movement is vital to mental wellness, so we open running to all, through free programs and spaces that welcome every story and pace. Because when people run together with purpose, stigma begins to fall away. Connections are created. And every stride is a step towards mental well-being.

We can't get there without your support. Please consider making a tax-deductible donation today!



stillirun.org/donate

