



FOR IMMEDIATE RELEASE

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The 2nd Annual Tracy's Run: Running Through the Rain 5K Run & Health Walk a Great Success

Guilford, CT (May 25, 2019) – On Saturday, May 25th 158 runners and walkers met the Knights of Columbus Hall in Guilford to participate in the 2nd Annual Tracy's 5K Run, Health Walk that was hosted by the Women & Family Life Center (W&FLC) and Yale New Haven Psychiatric Hospital.

The race is named after Tracy, a PhD student and an avid runner who loved running through the rain and used exercise to cope with the challenges she had with mental illness. Tracy's Run symbolizes the fact that mental illness can happen to anyone, regardless of intelligence, background or character. Both W&FLC and the Yale New Haven Psychiatric Hospital are dedicated to educating people, creating community support, and reducing the stigma for individuals who struggle with mental health issues, their families and friends. For both W&FLC and Yale New Haven Psychiatric Hospital, this is an expansion of a community dialogue to talk about mental health and reduce the stigma associated with it.

"We were honored to have Marna Borgstrom, CEO of Yale New Haven Health Systems, open up this year's event and speak to the importance of increasing education and awareness about behavioral health and reducing the shame, silence and isolation that individuals with a mental illness often experience," said Meghan Scanlon, Executive Director of Women & Family Life Center.

State Senator Christine Cohen, State Representative Robin Comey, State Representative Sean Scanlon and First Selectman Matthew Hoey also spoke about personal experiences with family and friends and new legislative initiatives to create mental health parity when it comes to seeking coverage for services.

Together with the support of our shoreline community both the Women & Family Life Center and Yale Psychiatric Hospital hope to raise awareness, to be able to provide sufficient resources for people with a mental health concern and bridge the gap from mental illness to wellness. Proceeds will benefit both organizations and the people they serve. The event will be returning to Guilford with a tentative date of May 30, 2020.

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