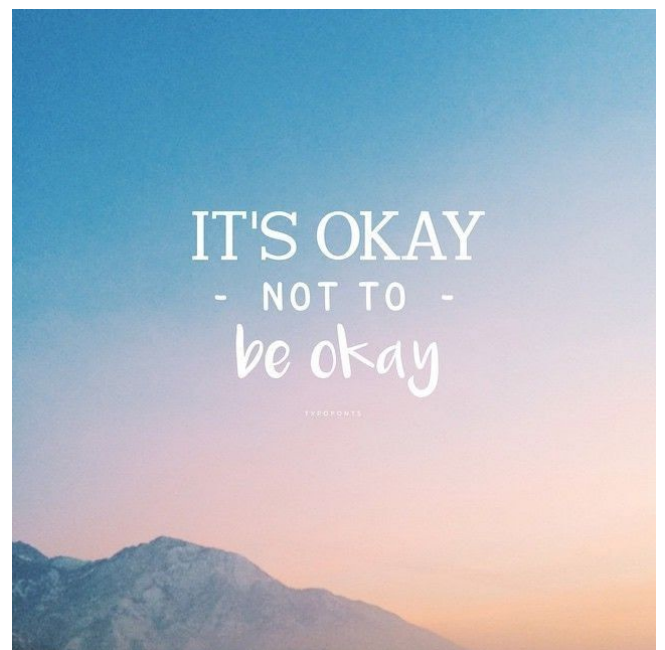


St.Mary's Secondary School

Walk In My Shoes - Live event

Featuring - Jamie Harrington

This week, following the Transition Year theme of 'Wellbeing', students engaged with the 'Walk In My Shoes' live event to celebrate World Mental Health Day on October 10th , writes *Ellen Mulligan* TY.



This event involved watching live stream videos of inspiring people guide us through their experiences with mental health, allowing us to reflect on our mental health and how it is 'okay not to be okay'.

In one of the videos we watched mental health advocate Jamie Harrington and it proved inspirational to see how a young person like him changed someone's life around for the better by just allowing them to talk to him and express how they were feeling. It just goes to show how important it is to talk to someone if you have something bothering you.

