

# 3 Dads Walking

**Mike, Tim & Andy**

This episode contains conversations about and references to suicide.

This week on the podcast, we're talking to Mike, Andy & Tim, the 3 Dads Walking. Coined 'the club that no one wants to be part of', the 3 dads all lost their daughters to suicide and have staged two country-spanning walks to support the charity, POPYRUS (Prevention of Young Suicide), and to raise awareness of the fact that suicide is the biggest killer of under-35s in the UK.

# TEA



**with the**

# CHANGEMAKERS

**Episode 39**

Keep up to date with the 3 dads!

[www.3dadswalking.uk](http://www.3dadswalking.uk)

Mike, Andy & Tim connected with each other in circumstances that no parent wants to find themselves in - losing a child. Beth (Mike's daughter), Sophie (Andy's daughter) and Emily (Tim's daughter) took their own lives, and the 3 dads have channelled their immeasurable loss and grief into helping others.

By raising awareness, the dads have been able to ensure that conversation around admittedly difficult topics stays open and relevant in society. Most importantly, their efforts have helped to signpost where young people who are struggling can access support without feeling stigmatised.

