



Press Release
Immediate Release
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Cygnet Worker's Marathon Challenge for Mental Health Charity

A mental health worker from Somerset is taking part in the London Marathon to raise much-needed funds for a charity that supports people struggling with their mental health.

Caitlin Graham, a mental health law practitioner at Cygnet Hospital Taunton, is fundraising for Mind as she prepares to take part in a 26.2-mile run on Sunday 26th April.

Her choice to raise money for the charity came after Chad, her partner's best friend, died by suicide last year at the age of 28.

Caitlin said: "The last time I saw Chad was at a wedding just a few weeks before his passing and he told me and my partner Connor that he was training for a marathon. Chad completed a few marathons in his life, and I am a non-runner so the challenge of the London Marathon felt right.

"It's my way of honouring Chad but also fundraising for Mind, which provides vital support, legal advice and community programmes for those struggling with their mental health. It also runs activities and groups for those who have lost their loved ones to a mental health struggle. It's such an important charity as it supports people in their grief journey whilst providing a safe space."

Mind provides support for people struggling with their mental health across England and Wales. The charity campaigns for better mental health services and opportunities in the workplace as well as educating employers on creating mentally healthy environments.

Despite no previous running experience, Caitlin is determined to help raise vital funds for the charity.

She said: "Mental health is no joke – but if I can make someone laugh and raise money for this great cause, my blistered feet will be worth it. This is a huge challenge for me as I have no real exercise experience.

"I never enjoyed sports even at school, but this has changed that for me. I'm training, parenting my two young children and working a full-time job at the same time."

Taunton-based Caitlin was also encouraged to fundraise due to the nature of her work at Cygnet Health Care.

She said: "Working at Cygnet for the past six years has really shaped my view on fundraising as I'm in a mental health-related environment every day. I see first-hand how much strength people have and this is a way for me to support the wider mental health community."

To donate, go to: https://2026tcslondonmarathon.enthuse.com/pf/caitlin-graham?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQPMTI0MDI0NTc0Mjg3NDE0AAGnywNJ9rWkezFj-wgemk5Cpldj-e8zXr1xUbx05p6FBCw7ageRm1aCzfy_9LU_aem_Z8r3HoidV2tk15PIWtTL7g