

## Why are we doing this?

### The Benefits system...

Should be a way of supporting society's vulnerable individuals. Our current system leads to increased psychological distress and a larger number of suicides.

Over 80% of respondents with psychological health problems feel ashamed of being on benefits because of societal attitudes. (Disability Benefits Consortium, 2014).

- It is within the power of policymakers to create a benefits system that is more caring psychologically
- There is a collective responsibility to do so
- If we support people positively rather than sanction them punitively then we shall see much more sustainable outcomes.

### Homelessness...

Raises a person's vulnerability levels and makes it much more difficult to access care and support.

Up to 80% of the homeless population have psychological health difficulties. (Homeless Link, 2014).

- Homelessness should not be a barrier to accessing care
- There is a need for more to be done to address the specific needs and inequalities of the homeless population
- Health and psychological care services need to be better integrated by policymakers into homelessness services.

### Food banks...

Are a necessity for increasing numbers of people and families in the UK due to cuts in the benefits system and low income rates. The UK is forcing people into food poverty.

Around 1 million people in the UK access food banks, about 35% of those are children. (The Trussell Trust, 2015).

- As a matter of urgency, food poverty in the UK needs to be addressed along with its clear links to welfare cuts.
- There is a need to ensure that no one is forced into food poverty due to the benefits system and benefits sanctions should be eliminated.
- The minimum wage should be increased to a living wage and the power imbalance of zero hours contracts redressed.

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**Psychological health and wellbeing are largely dependent on social circumstances. We must reduce poverty and social inequality.**

**If we are to care for individuals, we must care for society and promote social justice. Our actions, words and policies must hold psychological wellbeing at their centre.**

**#walkthetalk2015**

Join us to walk from the offices of the British Psychological Society in Leicester to offices in London to raise awareness of social policies that are leading to psychological distress.

**100 miles -**  
**BPS Leicester to**  
**BPS London**

**5 days -**  
**17<sup>th</sup> to 21<sup>st</sup> August 2015**

**3 causes -**  
**The benefits system**  
**Homelessness**  
**Food poverty**

More details, meeting points and progress updates can be found at [www.walkthetalk2015.org](http://www.walkthetalk2015.org)

