

**For Immediate Release**

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**Mental Health Walk to be Held on May 6**  
***“My Story Isn’t Over Yet” #ProjectSemicolon***

**PUNTA GORDA, Fla. (April 25, 2017)** – This year’s annual Mental Health Walk will be held on May 6<sup>th</sup> from 9 a.m. – 11 a.m. at Laishley Park in Punta Gorda. The theme of this year’s walk is “My Story Isn’t Over Yet.”  
#ProjectSemicolon

“Project Semicolon is very personal to many of us at Charlotte Behavioral Health Care,” said Kelly Pomerville, Marketing & PR Manager at CBHC. “The story of Amy Bleuel, her struggles with mental illness, and her creation of the inspirational Project Semicolon have touched hearts and encouraged thousands around the world. With her recent death by suicide, we wanted to do a special tribute to her legacy, and so we chose ‘My story isn’t over yet’ as the theme for this year’s event.”

Amy Bleuel, founder of Project Semicolon ([www.ProjectSemicolon.com](http://www.ProjectSemicolon.com)), struggled her entire life with abuse and depression. After losing her father to suicide when she was 18, she continued her struggles throughout college before realizing her calling. She wanted to leave her mark on the world through the creation of Project Semicolon, setting out to help others who struggled with a mental illness and didn’t realize their true worth.

The semicolon serves as a symbol of the perseverance of dealing with a mental illness. Bleuel once was quoted as saying, “In literature, an author uses a semicolon to not end a sentence but to continue on. We see it as you are the author and your life is the sentence. You’re choosing to keep going.” Her mantra became “My story isn’t over yet; neither is yours.”

Sadly, Bleuel lost her battle with depression on March 23, 2017. She was 31 years old.

This year is a 1.5 mile walk that kicks off after a short program at the Wally Stage in Laishley Park. The first 100 walkers will receive a free “My Story Isn’t Over Yet” t-shirt. The event will also include free water, snacks, resources from local healthcare organizations, and speakers from the community.

The Project Semicolon theme will be evident throughout the event, not only on the t-shirt. Temporary semicolon tattoos, honor beads, and the now infamous “Rocking Punta Gorda” rocks, painted with semicolons for this event and hidden throughout the Laishley Park for community members to find.

“The goal of the mental health walk is to raise awareness to the issues surrounding mental health, reduce the stigma, and show our community’s network of care and support,” concludes Pomerville. “We want everyone to know that they are not alone in their struggles with a mental illness.”

For more information regarding the Mental Health Awareness Walk, please contact Kelly Pomerville at [kpomerville@cbhcf.org](mailto:kpomerville@cbhcf.org) or 941-639-8300 x 2275.

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