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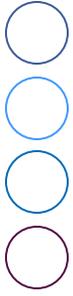
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Fundraiser Terry Mitropoulos walking from Adelaide to Melbourne to support mental health

PETER ROLFE Herald Sun

Sunday, 11 August 2019 9:00PM [+](#)





 Terry Mitropoulos is ready for his long walk. Picture: News Limited, Sarah Matray

“But the amount of people we will reach along this walk is going to empower me.”

Mr Mitropoulos endured more than 13 operations and had to take as many as 72 medication at a time during a nightmare four-year health battle.

He said the struggle he endured had inspired him to help others.

“Being unwell for such a long time, it affects you mentally and physically, it can play with your mind and then it becomes a mental health issue,” he said. “Thankfully I do have the strength ... I thought let’s embrace it and then show how working together we can overcome anything, and help others in their battles.”

Mr Mitropoulos admitted even he thought it was incredible he had the strength to take on the challenge.

“It’s just beyond words, but more importantly it’s the strength I’ve found in, say, the last 10 months that has given me that strength,” he said.

“My family, my friends – they’ve given me the energy to hopefully inspire others.”

He hopes to walk six days a week – about 23km a day – before arriving in Melbourne in time for the AFL Grand Final on Saturday, September 28.

“If we can share some light then – do you know what – we’ve done our duty,” he said.

He said the support would “help carry” him along the way.

“It’s going to be extremely hard but knowing I have that support is going to make it that much easier for me,” he said.

Sponsors such as Jayco, Brooks Australia, the Caravan Association of Victoria and Toyota have jumped on board to support Mr Mitropoulos but he urged Victorians to dig deep for the cause.

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gofundme.com/walkandshine

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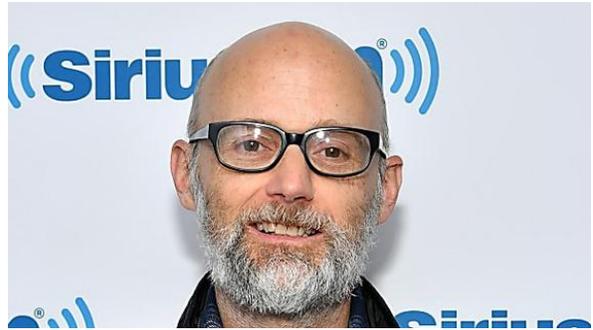
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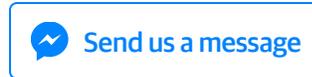
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