

John Gardner and  
DC shoes present

# The Deep Rest+

## Tour 2023

May/June



Bordeaux - St Jean de Luz - Limoges - Paris  
Lyon - Marseille - Barcelona - London

# THE DEEP REST TOUR 2023

**THE DEEP REST TOUR** is the natural continuity of John's mission to shine a light on suicide and mental health awareness within the skate community, started in 2021 with his documentary *This Too Shall Pass*.

In it, John opens up about his own mental health struggles and experiencing suicidal thoughts. John talks about how he uses meditation, breathing, and skateboarding to help deal with depression.

In spring 2023, John is coming to Europe to meet with the skate community in France, Spain and, the U.K to share his own experience and give tools and tips to help manage mental health.

Come and meet, talk and skate with John at your local skateshop and skatepark.

@DC - skateboarding

#thedeepresttour2023

join us for a  
discussion on  
stress regulation,  
helping to empower the  
skateboard community  
with stress reduction  
techniques. to help  
improve quality of life.

# THE DEEP REST TOUR DATES

Bordeaux - May 19<sup>th</sup>  
Riot Skate Shop

Saint-Jean-de-Luz - May 22<sup>nd</sup>  
Skatepark 162 / Boardriders Campus 162

Limoges - May 24<sup>th</sup> & 25<sup>th</sup>  
Petit Plateau Skate Shop

Paris - May 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>  
TBD

Lyon - May 29<sup>th</sup> & 30<sup>th</sup>  
ABS + Wall Street

Marseille - June 1<sup>st</sup> & 2<sup>nd</sup>  
Bud Skate Shop La Friche

Barcelona - June 3<sup>rd</sup> & 4<sup>th</sup>  
Amigos Skate Shop  
+ Boardriders Barcelona

London - June 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup>  
The Ben Reamers Foundation

# RESOURCES

Talking and sharing about mental health and suicidal thought is difficult, but it is first step in receiving help.

The DEEP REST TOUR is about sharing tools to help each other. You will find resources to get more info at your local skateshop or skatepark by scanning the stickers QR code, leading to more info in your country.

Français :

Il est difficile de se confier ou de parler de la dépression ou de pensées suicidaires mais c'est le premier pas pour être aider ou aider quelqu'un.

L'idée du DEEP REST TOUR est de partager les ressources et les outils pour s'entraider. Vous trouverez les numéros et adresses utiles en scannant le QR Code sur le sticker à l'entrée de ton shop et ton skatepark local.

Español :

Hablar e intercambiar ideas, sobre algo tan importante como es la salud mental y pensamientos suicidas, es algo difícil pero es el primer paso para obtener ayuda o ayudar a alguien.

La gira DEEP REST TOUR trata de dar las herramientas necesarias para ayudarnos los unos a los otros. Encontraras la forma de obtener información en tu Skateshop o Skatepark con un simple click, escanea el código QR y encontraras mas información de tu país. Úsalo y compártelo.

# CONTACTS

Some useful links, contacts and hotlines in the countries visited by the DEEP REST TOUR 23 (non exhaustive list)

## FRANCE

### **AMELI / Sécurité Sociale**

Informations générales sur la santé mentale et le suicide.

### **Psycom**

Comprendre la santé mentale en 4 min

Liste des organismes aidant sur la santé mentale et le suicide.

### **SOS Amitiés**

Ecoute des personnes en détresse et de leur entourage, par des bénévoles formés, service anonyme et gratuit

09 72 39 40 50 (7j/7 et 24h/24)

01 46 21 46 46 en langue anglaise (7/7 3PM-11PM)

par tchat (7j/7 13h-03h du matin)

### **3114**

Numéro national de prévention du suicide

## ESPAÑA

### **Teléfono de la Esperanza**

Hotline: 902500002

Hotline: 717 003 717

Hotline: 91 459 00 55

### **Anar**

Hotline: 900 20 20 10

Hotline: 116 111

(Telefono de ayuda a niños y adolescentes)

## UNITED KINGDOM

### **Samaritans UK & ROI**

Hotline: 116123 (free call from mobile and landline)

Hotline: +44 (0) 8457 90 90 90 (UK – local rate)

Hotline: +44 (0) 8457 90 91 92 (UK minicom)

Hotline: 1850 60 90 90 (ROI – local rate)

Hotline: 1850 60 90 91 (ROI minicom)

### **Get Connected** (for under 25 yrs)

Hotline : 0203 993 5571

SMS: 80849

For more information worldwide,  
visit [Thebenraemersfoundation.com](http://Thebenraemersfoundation.com)

A stylized blue laptop is shown from a slightly elevated, angled perspective. The screen is white and displays the text 'THE BEN RAEMERS FOUNDATION' in a bold, blue, sans-serif font. The keyboard area is represented by a grid of white rectangular keys, and a white rectangular touchpad is visible below the keyboard. The entire laptop is rendered in a solid blue color.

**THE BEN RAEMERS  
FOUNDATION**

THIS TOO SHALL PASS

Click the image and watch the full documentary



**THIS TOO SHALL PASS.**