

# Murdered by Silence: A Mixed-Race Japanese Man's World-Record Walk to Fight Japan's Mental Health and Suicide Crisis

*Danny Gallagher's world record journey across Japan confronts mental health stigma, promotes suicide prevention, and inspires change through a bold film.*

SHIBUYA, TOKYO, JAPAN, December 26, 2024 /EINPresswire.com/ -- "In Japan, people don't just die by suicide—they're murdered by silence."

These striking words come from Danny Gallagher, a Honolulu-raised, Tokyo-based creative director, mental health advocate, and founder of Tired of Walking. This groundbreaking campaign confronts Japan's suicide and mental health crisis in an unprecedented way: by walking 10,000 kilometers (6,214 miles) across the country to challenge stigma, spark vital conversations, and create a powerful documentary film that captures the journey.

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*Danny Gallagher, Tired of Walking*

"Politeness has killed more young people here than anything else," Gallagher declares. "The obsession with appearances, conformity, and silence is suffocating. We're not walking for awareness; we're walking for survival."

A Collective Journey for Change

Gallagher's journey is far from solitary. He will walk alongside dozens of Western and Japanese celebrities, artists, musicians, influencers, and mental health experts. These "walk and talk" moments will feature candid discussions about mental health, societal pressures, and suicide prevention. The entire journey will be documented in a feature-length film to share these

**IN 2023, CHILD SUICIDES SURGED  
TO AN ALL-TIME HIGH IN JAPAN.  
500+ DEATHS BELOW THE AGE OF 18.**

**WE ARE DONE BEING POLITE ABOUT IT.**

**#FUCKSUICIDE**

In 2023, over 500 children took their own lives in Japan – an all-time record high.

conversations with a global audience, amplifying the message far beyond Japan.

"By bringing together voices from diverse backgrounds, we're not just walking—we're building a community and documenting the steps needed to change the narrative," Gallagher explains. "This film will be a testament to the power of collective action and vulnerability."

### Disrupting the Silence with #FUCKSUICIDE

At the heart of Tired of Walking is its provocative hashtag: #FUCKSUICIDE. The slogan has ignited global conversations, sparking both praise and controversy. Critics have accused Gallagher of sensationalism, but he remains unapologetic.

"Too many of us are afraid to upset others, but this is life or death," Gallagher asserts. "If you're offended by a hashtag but not by the 20,000 people who take their lives here annually, you're part of the problem."

The campaign's boldness resonates deeply with audiences who feel traditional mental health initiatives often lack the urgency or intensity needed to inspire real change. The hashtag has trended across platforms, drawing attention from individuals, organizations, and even policymakers.

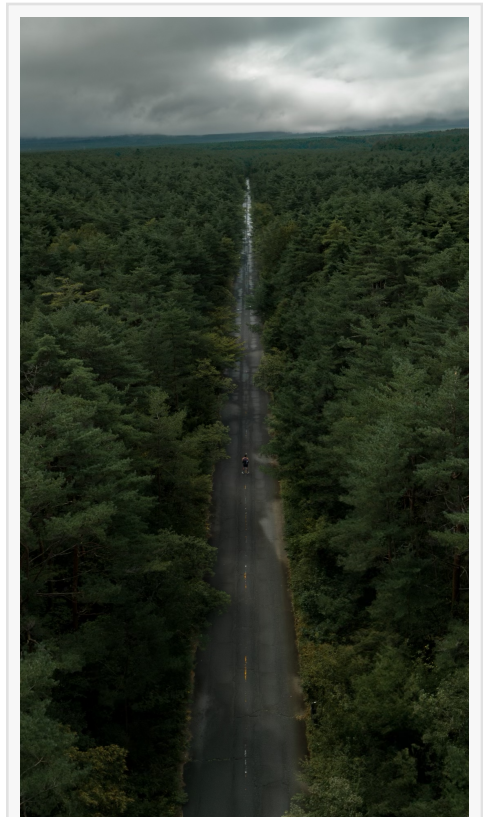
### Honoring Heritage, Breaking Cycles

Gallagher's walk is deeply personal, rooted in his Japanese heritage. As a half-Japanese advocate, he draws inspiration from his mother's teachings about resilience and the importance of addressing generational cycles of silence. For Gallagher, this campaign—and the accompanying documentary—are as much about honoring his maternal ancestry as creating a better future for Japan.

"My mother taught me to honor my Japanese ancestry, and that means addressing the hard truths too," Gallagher shares. "Mental health, suicide, and even other controversial topics like women's rights remain sidelined in Japanese mainstream media. It's time to bring these conversations to the forefront, no matter how uncomfortable they make people."

### Walking for the Lost and Forgotten

[Gallagher's journey spans all 47 prefectures](#), including visits to locations like Aokigahara



Tired of Walking is a world-record 10,000 km trek across Japan, carrying victims' shoes to confront the suicide crisis and push for urgent mental health reform.

Forest—often referred to as the "Suicide Forest." These symbolic stops are tributes to those who lost their lives to silence and isolation.

"I'm carrying the shoes of the dead," Gallagher says. "For every step they didn't get to take, I'll finish their journeys and make sure their stories are heard."

A cornerstone of Tired of Walking is the Wind Phone Project, which aims to build 47 "Kaze no Denwa" booths across Japan. [These symbolic phone booths, inspired by the original Wind Phone in Otsuchi](#), allow individuals to "call" their departed loved ones. Gallagher envisions these booths as spaces for healing and remembrance, offering a tangible way to confront grief and loss.

The documentary film will weave these powerful elements together, creating an intimate and cinematic exploration of mental health, resilience, and the cultural forces shaping Japan's suicide crisis.

Critics Speak Out—But So Does Gallagher

The campaign's unapologetic tone has not been without controversy. Critics have accused Gallagher of exploiting cultural sensitivities or being overly provocative in a traditionally reserved society. Gallagher, however, stands firm in his belief that change requires discomfort.

"If telling the truth makes people uncomfortable, good," he states. "It's about time this country got uncomfortable enough to change."

An Invitation to Join the Movement

Gallagher's walk is more than a campaign—it's an invitation. Through the Tired of Walking initiative, Gallagher encourages individuals to join the #KEEPWALKING and #FUCKSUICIDE movements, share their stories, and support grassroots mental health efforts.

"If you're struggling, and you're thinking of taking your own life, please—take a walk," Gallagher urges. "I cannot guarantee the answers you're seeking, but I can promise you this: the world is a far better place with you in it. Please, stay. Keep walking."

Supporters are also encouraged to contribute to the Wind Phone Project and follow the progress of the documentary, which aims to bring these critical conversations to a global stage. Danny and his team are currently seeking partners and producers to make their dream of a healthier,



Danny Gallagher, The Walker @ Tired of Walking + Managing Director @ Future Collective

happier Japan possible.

## About Danny Gallagher and Tired of Walking

Danny Gallagher is a Honolulu-born, Tokyo-based creative director, mental health advocate, and founder of Tired of Walking. As the co-founder of Future Collective, a creative media and marketing company based in Shibuya City, he merges storytelling with advocacy to tackle global issues like mental health and suicide prevention. Gallagher's unique cultural background allows him to bridge the divide between Eastern and Western approaches to mental health, inspiring change through bold communication and community building.

For more information, please visit:

[www.TiredOfWalking.jp](http://www.TiredOfWalking.jp)

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