

Join us for

ONE FOOT FORWARD

the walk for mental health



Black Dog
Institute

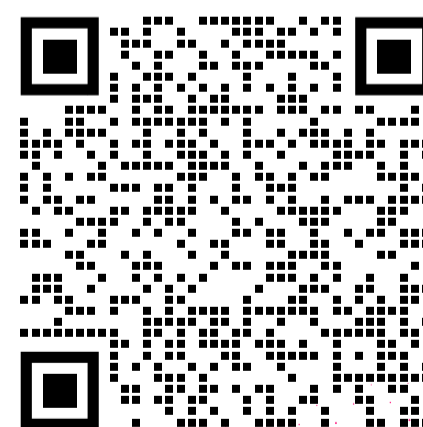


October is Mental Health Month

Join us to walk, run or roll 40km, 60km, 100km, 150km, or a distance that suits you, for the 1 in 5 Australians who experience symptoms of mental illness every year.

Together, we can show them they are not alone.

Funds raised will help Black Dog Institute put ground-breaking new mental health treatment, education and digital services into the hands of the people who need them most.



Register today

Help create better mental health for all.