

Join us for

ONE FOOT FORWARD

the walk for mental health



**Black Dog
Institute**

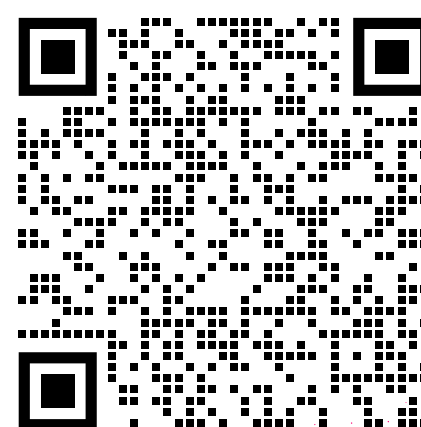


October is Mental Health Month

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.