

Join us for

ONE FOOT FORWARD

the walk for mental health

October is Mental Health Month

Take the first step and help reduce the impact of mental illness.



1 in 5

Australians will experience a mental illness within the year



50%

of people living with mental illness will not seek professional help



Suicide is the leading cause of death among people aged

15-44

Support my fundraising

www.onefootforward.org.au/fundraisers/



Black Dog Institute

Help create better mental health for all.