

Join us for

ONE FOOT FORWARD

the walk for mental health

October is Mental Health Month

Take the first step to help reduce the impact of mental illness and suicide

\$40

can help 2 people living with anxiety and depression to access our myNewWay app to improve their mental health and well-being.

\$65

can help us train community presenters to reach 179 school students to talk about mental health and how to get support.

\$140

can help develop research programs to teach 90 children with anxiety or depressive symptoms healthier ways of thinking.

\$240

can help 12 people living with anxiety and depression to access our myNewWay app to improve their mental health and well-being.

\$520

can support a research program to help 658 people with suicidal thoughts seek help when they need it most.

Support my fundraising

www.onefootforward.org.au/fundraisers/

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Help create better mental health for all.



**Black Dog
Institute**

