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.

$40 can help us ensure early mental health intervention for essential workers through changes in government policy.

$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.

$500 can support a researcher to develop innovative programs to help 634 people with suicidal thoughts per day to 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