

I'm taking **ONE FOOT FORWARD** for...

#onefootforward @blackdoginst



**Black Dog
Institute**

Thank you for signing up to One Foot Forward to take action this October during mental health month.

Wear your shirt with pride knowing every dollar you raise will support Australians impacted by mental illness and suicide.

Because we're taking One Foot Forward together...

Walking together. Standing together. Stronger together.

Thank you for supporting the Black Dog Institute.

Best wishes
Ariane