



ONE FOOT FORWARD

the walk for mental health



Sadly, 1 in 5 people experience symptoms of mental illness each year. In fact, every day in Australia, 8 people will die by suicide.

Mental illness can be debilitating and can have a devastating impact on not only those living with it, but those around them.

This October, I'll be walking 300km in One Foot Forward to show people living with mental illness that they are not alone.

My goal is to raise funds for the Black Dog Institute to support crucial mental health research and support services to help Australians impacted by mental illness.

Please sponsor me and support my 300km challenge to change lives.

Simply click here to make a donation through my page:

<https://www.onefootforward.org.au/fundraisers/andreiasismanis>



Andreia Sismanis

Support my 300km challenge in One Foot Forward to help...

[onefootforward.org.au](https://www.onefootforward.org.au)

Together, we can create a mentally healthier world, for everyone.

Thank you.
Andreia