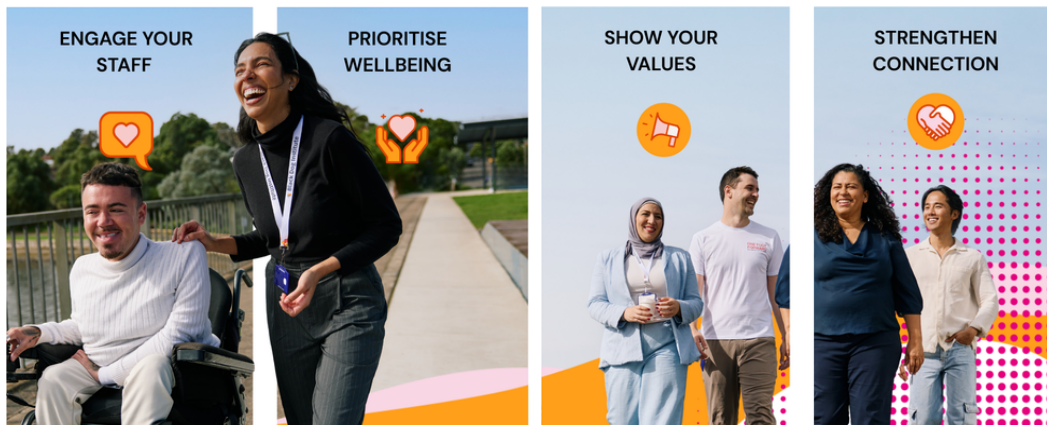


Bring your workplace together this October

One Foot Forward is a simple way to get your workplace moving, to connect with your colleagues, and to show solidarity for the 1 in 5 Australians who experience a mental illness each year

Why should my workplace join One Foot Forward?



It's as simple as:



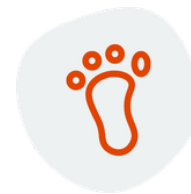
1. Sign up

Sign up (for FREE) and join our community to walk in solidarity throughout October



2. Share

Share your page and raise funds to help Australians impacted by mental illness



3. Walk

Walk, run or roll and log your kilometres throughout October for Mental Health Month.

How do I create my workplace?

- To be able to create your workplace, you need to complete your individual registration. This makes it easy for you to track your own fundraising, distance, and means every individual is eligible for merchandise and rewards.
- As part of the registration process, you will be given the option to set up a 'Team' or a 'Workplace'. Select 'Workplace' and fill in your Workplaces details.

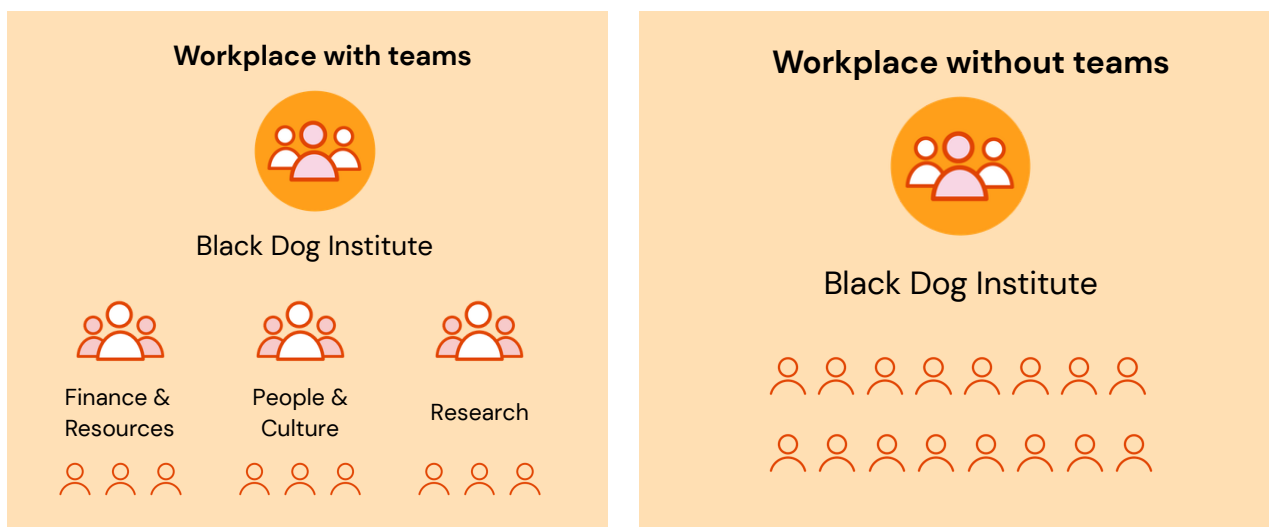
[Register Now](#)

Invite your colleagues to join your Workplace

Before completing your One Foot Forward registration, you'll be prompted to invite colleagues to join your Workplace. Simply add their name and email address, and they'll receive a link to sign up.

For larger Workplaces: Complete your registration first, then share the "Join my Workplace" link from your dashboard in your workplace newsletter or other communications.

What's the difference between a team and a workplace?



Depending on your workplace size and structure, you can create teams to separate departments or locations. There's no right or wrong way to set this up, and we're happy to help if you have any questions.

Ideas to Get Your Workplace Moving:

 **Weekly Lunch Walks:** Organise a Friday lunch walk (or a walk on team office days) throughout October.

 **Mental Health Day Activity:** Host a wellbeing activity like yoga, sound meditation or a group walk. Bonus points for OFF merch!

 **Make Time for Steps:** Give staff 30 minutes at the end of Friday to get out and hit their KM goals.

 **Office Fun Run:** Host a fun run with a small entry donation, this is a great way to raise funds and log extra KMs.

 **Walk & Talk Meetings:** Take 1:1 or small team meetings outside. Get some fresh air while ticking off those KMS.



Boosting Fundraising

 **Spread the Word:** Add our Zoom backgrounds, email signatures and donation links to your workplace communications.

 **Match Your Team:** Match staff donations on a selected day in October to give fundraising a boost.

 **Add a Prize:** Offer a wellbeing-themed prize for your top fundraiser or fundraising team.

 **Host a Fundraiser** – Keep it simple with a:

- Bake sale or bake-off
- Trivia night
- Sports sweepstake
- Morning tea or BBQ with a gold coin donation

It was a nice way to complete something meaningful as a group. Our business is quite spread out, so it brought people together.

It was fun and motivating to do it with others.

Comradery and assisting to help colleagues maintain positive mental health

Being able to connect with people in teams I would never normally work with, as well as connect to people in officers in other parts of the country

Need further support?

Please email us at onefootforward@blackdog.org.au or book a call with one of our team members.

To book a call, visit the One Foot Forward website, click “How It Works” then “Workplaces”, and scroll down to the Workplace Call Form.



Black Dog
Institute

One Foot Forward