

# WALK FOR ME

STEP UP FOR YOUTH MENTAL HEALTH



ALMOST EVERY WEEK ONE  
YOUNG WESTERN AUSTRALIAN  
AGED 15 TO 24 TAKES  
THEIR OWN LIFE

Walk 15km, 24km or 49km  
during Mental Health Week  
(9 to 16 October) and  
raise vital funds to  
prevent youth suicide.

Step up today at:

[walkforme.org](http://walkforme.org)

 youthfocus