



Our Mission

Our vision is to enhance mental health by fostering connections within communities Australia-wide using Walk 'n' Talk initiatives and collaborative relationships with other mental health organisations. Creating collective community spaces with these partners and combining cooperative support systems to extend across all mental health associations. Together, we will become a powerful community hub to combat the crippling effects that mental illness has on individuals and our communities.

Shannon Nevin + The Walk 'n' Talk For Life Team

shannon@walkntalkforlife.org.au

For more information, [visit our website.](#)