

# Let's Walk Australia

*A path to better mental health*



**Let's Walk Australia** is a walking program designed for Australians who have experienced a mental illness or want to help raise awareness in the community.

The people who participate in this program understand a range of mental illnesses that people encounter. Support and encouragement are key objectives throughout, and we conduct each walk in a friendly and relaxed social environment.

Our 4-kilometre walks are along the Maribyrnong River Loop Walk on the first Saturday of each month (excluding December and January) at 9am, and conclude with a BYO morning tea.

Call **Let's Walk Australia** Coordinator  
Darren Stones on 0419 200 469.  
[www.letswalkaustralia.com](http://www.letswalkaustralia.com)

*You are welcome to walk with us if you fit into any of the following categories:*

- Personal experience of a mental illness
- Relative of someone with experience of a mental illness
- Friend of someone with experience of a mental illness
- Carer of someone with personal experience of a mental illness
- A person who wants to raise awareness of mental illness in the community
- Health professional

We commence our walk at 9.00am from the Riverside Park car park in Essendon, Victoria. Enter via the roundabout at the intersection of The Boulevard and Fawkner Street, Essendon. Melway Map 28 B6.

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A scenic view of a park with a river, trees, and a boat. The image shows a calm river in the foreground, reflecting the surrounding greenery and trees. In the background, there are several tall palm trees and other lush vegetation. A small boat is visible on the river. The overall atmosphere is peaceful and natural.

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