

9 November 2021

**Wallis Social Research walks 1,648KM and raises \$13,210 for people in Australia living with mental illness.**

Staff at Wallis challenged themselves last month to walk a combined 1,000km during Mental Health Month to support Australians impacted by mental illness and suicide.

The effort was part of One Foot Forward, a Black Dog Institute initiative to raise funds to put ground-breaking new mental health tools into the hands of people who need them.

Wallis Chief Executive Officer Josephine Foti is a passionate advocate for mental health in the workplace and set herself the goal to walk an incredible 300km in October for the challenge.

She said: 'We have to remove the stigma of mental health and suicide and talk about it openly with friends, families and colleagues. As a company, participating in this challenge means not just walking in solidarity for Australians living with mental illness, but saying to our team "it's ok to talk about this". I lost my nephew, so it is very personal – 'surviving' after the event is something that many don't consider. Cameron was someone's son, grandchild, brother, partner and so on – and the ripple effect is enormous. Talking to people openly has been a very important aspect of the healing process – both at work and out of work.'

Josephine finished the month exceeding her goal by over 100KM, with a total of 425KM walked.

In total, the Wallis team walked 1,648KM and raised \$6,443 with Wallis then matching the donation to bring the total amount raised to \$13,210.

Learn more about Wallis at [www.wallis.social](http://www.wallis.social)