

Raising awareness of mental ill-health

odd socks day



**Friday 9
October 2020**

One in five Australians aged 16-85 experience mental ill-health in any year.

When you wear odd socks you'll be helping GROW raise awareness of mental health issues and help to stamp out the stigma around mental ill-health.

By wearing a pair of Odd Socks you're on your way to starting the conversation about mental wellbeing.

Get involved by hosting a morning tea at work, or within the community and don't forget to wear your odd socks! Don't forget to post your photo to social media and use #OSD20.

Partnering with



Why not have a fundraiser at your office, school or with your friends! All you need to do is put on some odd socks and then donate! Visit the website for more information on how to donate and fundraise.

www.grow.org.au/oddsocksday