



Friday 8 October 2021

#OSD2021

All money  
raised will go  
toward running  
our **Grow**  
Programs

## WHAT IS ODD SOCKS DAY?

**Reducing the stigma of mental ill-health and raising awareness of this serious issue, while having some fun, is what Odd Socks Day is all about!**

We want to see everyone openly discuss mental ill-health issues, just as you would with a physical injury or any other health issue. 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.

[www.grow.org.au/oddsocksday](http://www.grow.org.au/oddsocksday)

For more information about GROW Australia visit  
[www.grow.org.au](http://www.grow.org.au)

