

# ODD SOCKS DAY



Wear  
**ODD SOCKS** to  
school and help  
us raise money  
to continue the  
**Get Growing**  
program!

**Friday 7th October 2022**

**TOGETHER LET'S STAMP OUT THE  
STIGMA OF MENTAL ILL-HEALTH**

## WHAT IS ODD SOCKS DAY?

**A day to recognise it is OK to not be OK , while having some  
fun wearing odd socks and fundraising for GROW.**

**Did you know one in five Australians aged 16-85 experience  
mental ill-health in any year?**

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

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 and helping GROW deliver valuable support services.

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

