

ODD SOCKS DAY

GROW

mental
wellbeing
programs



6th October 2023

WHAT IS ODD SOCKS DAY?

A day to recognise it is OK not to be OK, while having some fun wearing odd socks and raising awareness 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/ODDSOCKSDAY

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

Do you want to promote positive wellbeing in your workspace culture and within your team?
Host an Odd Socks Day and support breaking the stigma around discussing mental health.

All you need to do is put on some odd socks and then donate!

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 #OSD23.

Visit the website for more information on how to donate and fundraise.



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