

**GROW**



mental wellbeing programs

**ODD**

**2024**

**SOCKS**

**DAY**



**FRIDAY 4TH OF OCTOBER**

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

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

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

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.



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

[WWW.GROW.ORG.AU/ODDSOCKSDAY](http://WWW.GROW.ORG.AU/ODDSOCKSDAY)