



Friday 5th September, 2025

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

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. 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.



For more information and to register your interest scan the QR code, visit www.grow.org.au/oddsocksday or call 1800 558 268.

GROW | mental wellbeing programs

Everyone is welcome at GROW

