



odd socks day

2 October 2015

... because anyone can have an odd day

Did you know ... ?

One in two Australians will experience a mental illness at some point in their lives.

One in five Australians will experience a mental illness in any year.

(ABS National Survey of Mental Health and Wellbeing 2007).

The way you treat a person does make a difference ...

Be a friend – be there, for the ordinary and extraordinary moments

Be brave – don't tolerate stigma and discrimination

Be open – share your experiences

Be informed – know the truths and dispel the myths

Be good to yourself – recognise the need to look after your own mental wellbeing

And...be a crusader – donate and help us continue the fight against stigma.

On Friday 2 October 2015, pull on your odd socks
and help stomp out stigma

Register online www.oddsocksday.org.au

Call 1800 558 268



Grow

A proven program for mental wellbeing