

Grow

mental wellness programs



A national mental health anti stigma campaign



**odd
socks
day** 5 October
2018

... take the pledge to stomp out stigma

During **October**
pull on your **odd
socks** and help
stomp out stigma

Register your event online
www.oddsocksday.org.au

Call **1800 558 268**

6 ways you can 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 an example - sign our **No More Stigma** pledge



The way you treat a person does make a difference