



odd socks day

5 October
2018

... take the pledge to stomp out stigma

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 an example - sign our **No More Stigma** pledge.

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

Call **1800 558 268**
Register your event online
www.oddsocksday.org.au