



Odd socks day

4 October
2019

... because anyone can have an odd day

Did you know... ?

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

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

Want to get involved?

- **Hosting an office or community event and wear odd socks**
Take photos and use #OSD2019 to show your support on social media
- **Purchasing mitchdowd socks from mitchdowd.com.au**
Each purchase raises \$2 for Grow's community mental health groups
- **Donate or fundraise for Grow**
Help build safe communities for Australians recovering from mental illness

During **October** pull on
your **odd socks** and donate
to **Grow's peer support groups**

Call **1800 558 268**
Register your event online
www.grow.org.au/oddssocksday