



LIFT THE LID
on mental illness

HAT DAY

10TH OCTOBER

JOIN US THIS OCTOBER

**GET YOUR
FRIENDS
TOGETHER
AND HOST A
HAT DAY EVENT**

**1 in 7 young
Australians
suffer a mental
health
condition.**



All proceeds go into mental health research.



Learn more about Hat Day at
www.liftthelidonmentalillness.com.au/hat-day
Follow us on Facebook @LiftTheLidEvent

Rotary
Districts of Australia

