



LIFT THE LID
on mental illness

HAT DAY

10TH OCTOBER



JOIN US THIS OCTOBER

HOST A HAT DAY PARTY!

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

