

Its Hat Day!!

October is Mental Health Month, and it's the month that we hold a fun fundraiser,

Lift the Lid, on Hat Day

Australian Rotary Health has been at the forefront of raising awareness of the issues of poor mental health in Australia for quite a few years, and has spent a lot of effort into funding research into the causes, effects and treatments of various issues related to mental health.

We have funded a Mental Health First Aide publication and supported education into assisting people suffering this trauma in their lives. Now we are concentrating on youth, as research has shown that most issues surfacing in adulthood have their roots in childhood experiences.

Hat Day is a fun way to raise funds for this research, and it so easy to run. Simply allocate a club day for members to wear a hat. The sillier the better! Members pay a sum for the event!!

Then simply forward your raised funds to Australian Rotary Health. Many clubs have a budget line for Australian Rotary Health as it is such an important project of Rotary

Did you know that One in Five people will suffer mental health issues in their lives? It may not be them but a relative of theirs. Even in your own club you may well find members who are struggling, often silently. Its a big issue and really deserves support.

Hat Day adds a bit of fun to your meeting, day, and builds the camaraderie in your club, while doing an enormous amount of good.

Send all your funds and donations to
Australian Rotary Health
PO Box 6161
Norwest. NSW 2153

