



World Mental Health Day is only **4 weeks away** and that's when Australian Rotary Health will be celebrating **Hat Day** as part of its national **Lift the Lid on Mental Illness** fundraising campaign.

You can get involved with your friends, colleagues or Rotary Club this year by hosting a **Hat Day** on **Thursday October 10** or anytime during **Mental Health Month** in October.

Your support will help the **1 in 5 Australians** who suffer a mental illness every year. 100% of funds raised will go towards vital **mental health research** at universities across Australia.

[Donate Now](#)



4 WEEKS
UNTIL
HAT DAY!



#LiftTheLid19

www.hatday.com.au

#HatDay19

The Rotary Club of Mackay North is one of the many Rotary Clubs across Australia who have helped Australian Rotary Health
[#LiftheLidonmentalillness](#) with their support.

Follow Lift the Lid on Facebook



[Stay at Home Mum's](#) Jodie Allen wants you to help **Lift the Lid on Mental Illness** this year by hosting a **Hat Day** event.

[Register Your Event](#)

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**SHARE YOUR
PHOTOS USING THESE
#HASHTAGS**

#LiftTheLid19

#HatDay19

#LiftTheLidonMentalIllness

For any Lift the Lid enquiries, please contact Promotions & Mental Health
Research Manager Jessica Cooper on jessica@arh.org.au
or **(02) 8837 1900**.

Hat Day Website



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Australian Rotary Health is making happen in the area of Mental Health and other General
Health issues, including Rural and Indigenous Health.

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