



**7-13
OCTOBER**

GET YOUR COLOUR ON AND RAISE FUNDS FOR MENTAL HEALTH RESEARCH!

Visit colouryourhair.com.au to sign your workplace up for the national Colour Your Hair for Mental Health campaign during Mental Health Week on 7-13 October 2019. Funds raised will benefit research aimed at providing better treatments and cures that will improve our nations mental health

Run by Neuroscience Research Australia (NeuRA), Colour Your Hair for Mental Health is helping to give hope to the millions of people in Australia and their families who are living with mental illnesses such as depression, anxiety, schizophrenia and bipolar disorder.

To participate and show your support as an organisation, follow these simple steps:

Step 1: Choose a Team Captain, go to colouryourhair.com.au/join to register, create a personal fundraising page and a team page.

Step 2: Team Captain to send the team page link to the rest of the organisation. Each individual who joins the team needs to create a personal fundraising page.
(Don't forget to include your personal "Get Your Colour On" challenge or you can all be the same!)

Step 3: Fundraise by asking family and friends for sponsorship, and/or plan a team fundraising event.

Step 4: Go to work with coloured hair or a coloured wig during Mental Health Week.

Click on this image for more information



WHY SHOULD YOUR BUSINESS PARTICIPATE?

Colour Your Hair for Mental Health is a fun and inclusive way for workplaces to support new treatments and cures for mental illness, which affects almost 50% of Australians during their lifetime.

Colour Your Hair for Mental Health simple and effective team-building exercise that will help to generate interest in your workplace practices that are helping to improve staff welfare and mental health. It enables workplaces to approach this difficult subject in an open way, which may help employees with mental health illness to feel more comfortable in seeking support.

HEAD TO COLOURYOURHAIR.COM.AU TO GET STARTED!