

CRAZY SOCKS DAY

10 OCTOBER

10 October is International World Mental Health Day

Help us break the stigma associated with mental illness by doing something crazy!

Mental Health is an increasingly important issue in today's world and yet there is a stigma placed on those who seek treatment and help. The Crazy for Walking campaign is raising awareness of Mental Health and taking the sting out of the word: "CRAZY". You can play your part in CRAZY SOCKS DAY on 10 October.

Wear your craziest, funkiest, most outrageous pair of socks for the day, take a pic of yourself in your Crazy Socks, and post it to our social media links (below) to show your awareness and support of Mental Health.



Facebook - @Crazyforwalking
Instagram - @Crazyforwalking
Twitter - @Crazyforwalking
#CrazyforWalking #CrazySocksDay



CRAZY
for WALKING™