



1 in 5

Australians experience  
a mental illness



Most commonly depression,  
anxiety and substance  
abuse disorder.

I am growing a  
mullet to support  
mental health  
**Join My Team**

**OUR GOAL** \$

Together we can make a positive impact  
[www.teamblackdog.org.au/fundraisers/](http://www.teamblackdog.org.au/fundraisers/)



**Black Dog**  
Institute

Mullets For  
Mental Health