



**7-13
OCTOBER**

Get your colour on and raise funds for mental health research!

Sign up your workplace for Colour Your Hair during Mental Health Week, 7-13 October 2019. Neuroscience Research Australia (NeuRA) is one of the world's leading centres of neuroscience research and is dedicated to finding better treatments and ultimately cures for mental illness such as Depression, Anxiety, schizophrenia and bipolar disorder, that devastate the lives of millions of people and their families in our community. NeuRA is launching 'Colour Your Hair for Mental Health', a participation event aimed at raising funds and awareness for mental health research. We hope Colour Your Hair will inspire important conversations and challenge the stigma associated with depression, anxiety and bi-polar.

We are looking to form partnerships with businesses to join us in supporting this innovative new initiative. Participating as a corporate partner would include signing up to fundraise as a company, encouraging employees to reach their individual fundraising targets, and coming to work with coloured hair during mental health week.

The challenge before us

Almost half of all Australians will experience a mental health condition in their lifetime. Mental illness is the third largest cause of disability in Australia after cancer and cardiovascular disease, costing the Australian economy \$60 billion annually. Suicide is the leading cause of death in Australia for people aged 18-44. We must act now to change these statistics and we need your help!

Why should your business participate?

Colour Your Hair is a great opportunity to show employees that your company takes mental health seriously, and is taking on the challenge to make health and wellbeing a priority at work. Without financial support, NeuRA researchers cannot make the ground breaking discoveries that impact the future of mental health. Corporate support is integral to continuing this important work, which will ultimately provide a benefit to all Australians.

Participating in this campaign can also serve as a team-building exercise, providing social interaction across teams that may not normally work together. Colour Your Hair provides an opportunity to approach a serious matter in a fun and light-hearted way, and sets the stage for any employees struggling with mental health problems to feel more comfortable opening up and asking for help.

How to get involved

Register your interest online at www.colouryourhair.com.au. Once we officially launch the campaign, we will be in touch with details on how to register your workplace as a team and begin fundraising.

