



Dear colleagues,

Tomorrow, Friday 6 June, is Crazy Socks 4 Docs Day which aims to start open conversations and break down the stigma around mental health issues in doctors and other health professionals.

Mental health challenges are common in medicine and in health care more broadly, so it's important for staff to know that sometimes it's okay not to be okay, and there are people and support avenues available if and when we need them.

While the focus of Crazy Socks 4 Docs day is on medical staff, I encourage all staff to get involved and help shed some light on the importance of being more transparent about our mental well-being.

**By wearing your brightest and most colourful socks tomorrow, you will be:**

- Telling another doctor or health practitioner that it's okay not to be okay
- Prompting someone to start or seek the conversation about their mental well-being
- Reminding us all to normalise the conversation.

Crazy Socks 4 Docs was first started by Australian Cardiologist Dr Geoff Toogood who has lived experience of depression and anxiety. Some years ago, his new puppy had eaten virtually all his socks forcing him to wear odd socks to work. He didn't mention the socks but people noticed and talked behind his back, questioning his mental health.

But no one actually asked if he was ok. And so Crazy Socks 4 Docs Day emerged.

So tomorrow, let's all put our best colourful feet forward and start talking with each other about mental health and wellbeing.

Teams across Metro North are marking the day with a range of activities today and tomorrow including special Grand Rounds sessions, morning and afternoon tea get-togethers, and even a picnic event.

Some photos of these activities will be included in the Executive message tomorrow. Staff are also invited to submit their best Crazy Socks 4 Docs Day photos via QHEPS [here](#).

For more information about Crazy Socks for Docs Day, please visit:  
<https://www.crazysocks4docs.com.au>

Kind regards,  
Liz



Metro North  
Health



Queensland  
Government

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