

Metro North Health

Message from the

# Acting Executive Director Mental Health

Dr Hitesh Joshi



Dear all,

Tomorrow, Friday 5 June 2026, is [Crazy Socks 4 Docs Day](#), a national initiative that raises awareness about the mental health of doctors and healthcare workers.

This day encourages open conversations to help reduce stigma and reminds us that mental health challenges are common in healthcare, even if they often go unspoken.

I invite you to join in by wearing your brightest, boldest, craziest socks — whether they're colourful, frilly, striped or mismatched — to help spread this important message.

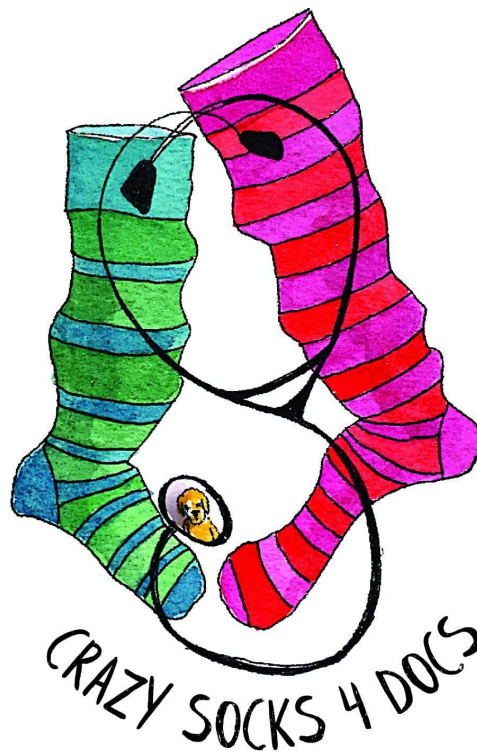
Please **take a photo of yourself and/or others wearing your crazy socks and email it to [ed-mnmh@health.qld.gov.au](mailto:ed-mnmh@health.qld.gov.au)**, and we'll showcase your support for this cause in our next newsletter.

Thank you for getting involved and don't forget to look down tomorrow and start a conversation.

Kind regards,

**Hitesh**

Dr Hitesh Joshi  
Acting Executive Director  
Metro North Mental Health



We uphold our commitment to health equity through our Values in Action  
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and we pay our respects to Elders both past and present.

## Metro North Health's vision

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.



Queensland  
Government