



Black Dog
Institute

**Mullets For
Mental Health**

Mullet Look Book

Mullets come in all shapes and sizes!
Which mullet will you choose?

Thank you for joining Mullets for Mental Health 2024. Are you stuck on what kind of mullet to rock this year? Then we've got you covered!

Our Mullets for Mental Health Look Book has seven different styles to choose from, along with pictures and notes you can take to your hairdresser for inspo. Don't forget have fun with it!

Your mullet does more than impress your mates. It's for a cause that matters – better mental health for all Australians. Your mullet and funds raised will help fund crucial mental health research and support services at Black Dog Institute.



THE AUSSIE MULLET

A classic tale! This mullet is for those not afraid to pay homage to the classic Australian Mullet. Often short at the front and long at the back, this mullet is a fairly straightforward cut, but don't worry, it remains as iconic as ever.



We recommend this style for anyone who has the ability to grow their hair out to shoulder length or longer. It's also good for those looking to go for a more shaggy look.

THE SUBTLE MULLET

We recommend this style of mullet for those who may need to lean more on the conservative side for professional settings. But don't let conservative fool you, the subtle mullet is a more modern twist on your classic style.



Most suitable for those with shorter hair, the subtle mullet often requires a slight fade to achieve the shorter sides, while keeping the top and back slightly longer.

Extra points: The subtle mullet is great for those who don't want to put much effort into styling!



THE CHAMPIONS MULLET



Often seen rocked by your favourite sports stars, like V8 Supercars driver Macauley Jones or the Sydney Swans, the champions mullet takes your style to the next level! This one isn't for the fainthearted. If you're willing to go hard or go home than we recommend choosing a mullet from your favourite sports star and asking your hairdresser to recreate this!

Extra points: Not proven, but it's rumoured to make you boost your speed and strength out on the footy field.

THE STYLISH MULLET



Want some extra flair? Then the stylish mullet is for you! While this style will require more time and more products to style, we can guarantee it will be a head-turner.

Often cut at a medium length, and either blown out or waved, the stylish mullet calls for a relaxed minimal vibe, adding to its overall charm.

Extra tip: To add even more style to the look, pair it with a mo or beard!

THE MOHAWK MULLET



The mohawk mullet screams edginess. It's daring, it's stylish and it's guaranteed to be a conversation starter. While iconic back in the 70's and 80's, there's no reason why this mullet shouldn't have a comeback.

Cut into medium length hair, this look is perfect for those who prefer to keep the hair at the top and middle, fairly long. Plus there's multiple ways you can style a mohawk mullet:

- Spike it
- Gel it back
- Let it sit soft and flowy



THE COLOURFUL MULLET

What if we told you, you can take any mullet style and take it to the next level? Well you can with a bit of colour!



Choose your style and then chat to your hairdresser about adding some colour. Great for everyone, you can achieve this look with both short and long hair – really the sky is the limit.

You could go bold with one colour or go rainbow with multiple, but the main trick is to make it bright!

THE CURLY MULLET

This is the ideal style for anyone with curly or wavy hair. It's another classic 80's look, that's making a modern comeback – and let's be real, we're all for it!



Striking and chic, the curly mullet requires texture, but once achieved you'll leave the hairdressers with a cool, vintage edge.

Extra points: Guess what? You don't need naturally curly hair to achieve this look. Just ask your hairdresser about getting a perm.



TOP TIP

Hairdressers recommend you take as many photos as you can for inspiration of your mullet cut. This will help guide them, so they know exactly what style you want. You can even take this look book to explore options with your hairdresser.

✉ mullets@blackdog.org.au
🌐 mulletsformentalhealth.org.au

Join us on social media

📷 [instagram.com/mullets4mentalhealth](https://www.instagram.com/mullets4mentalhealth)



**Black Dog
Institute**