

THIS SEPTEMBER

SHOW YOU'RE ALL EARS

MULLETS
FOR
MENTAL
HEALTH



AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5 Challenge a mate to grow a mullet with you – Create a team page	6	7
8	9	10 Personalise your fundraising page – Who are you growing your mullet for? Your mates, family, team...	11	12	13	14
15 There's power in numbers – Share your page and invite more friends to join your team	16	17	18	19	20 Need some mullet inspo? Check out our favourite mullets on the event site. Decide what type of mullet you'll grow	21
22	23	24	25	26	27	28
29	30	31 Get ready! Take a picture of your full head of hair so you can create a before and after collage				

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			1 Shape and grow! Meet your team and shape each other's mullets or live stream the shave for all your friends to see	2 Update everyone – Add a pic of your new mullet to your fundraising page, then share it on Facebook	3	4
5	6	7	8	9 Spread the word – 1 in 5 Australians experience mental illness. Check out Black Dog's online support tools	10 World Suicide Prevention Day – Show your mates you're all ears	11 Have a BBQ with mates – Virtual or in person – and start talking! Check out our guide
12	13 Extra challenge – Give your friends an incentive to donate by dying your mullet when you reach a fundraising milestone	14	15	16 You're nearly there! Say thank you to everyone who have donated so far	17	18
19	20	21 Mullet care – Does your mullet need reshaping? Get it looking perfect for your last week	22	23	24	25
26	27 Tell your story – Write a post about what you've enjoyed about your mullet. Give a call out for donations	28	29 Spread the love – Thank everyone who has helped you make a difference for Black Dog Institute	30 Back to business – The party is over! Say goodbye to your mullet. Give your fundraiser one last shout out		