



# Colour 'em crazy

**Dr Sarah Newman**  
Assistant Director, Doctors' Health Advisory Service WA

**N**ow, more than ever, we need to draw together as a profession and support one another as rates of burnout, anxiety, depression and stress reactions increase in doctors across Australia and the world. June is fast approaching, and with it one of the major events in doctors' mental health: Crazy Socks 4 Docs day on Friday 4 June.

The day has its roots in the experiences of founder and Beyondblue ambassador, cardiologist Dr Geoff Toogood. His social media campaign **#crazysocks4docs** has grown exponentially over the last few years, with doctors, allied health and the general public posting pictures of their socks with the hashtag **#crazysocks4docs** to social media. The aim of the campaign is to break down the stigma around mental health in doctors, to "start the conversation, start the advocacy, start the action!".

It all started with a puppy who had an appetite for socks. When Geoff wore his last two odd socks to work, it incited covert discussions behind his back that his mental health was suffering again. He reflected that no one approached him to check in or offer support. The ostracising experience led him to ponder the

stigma of directly discussing mental health in the medical community. Now the Crazysocks4docs Trust Foundation is a charity that aims to break down the stigma around mental health in doctors and health professionals. The first Friday of June each year is reserved for the flagship awareness-raising event.

It's easy to join the fun, but as an extra incentive this year the Doctors' Health Advisory Service WA is running a competition to help spread the crazysocks4docs message that **"Doctors Mental Health Matters"**.

We are looking for the best posts from Western Australians:

- doctors
- medical students
- medical teams such as your office, workplace or department.

We are offering some big prizes – so to go into the running to win two nights of five-star accommodation with perks, or \$600 towards a workplace wellbeing initiative, check out the adjacent pink box to see what to include in your social media post.\*

Entries can be posted from now until the end of 11 June. We will judge the best entries in the three categories and reveal the winners on Friday 18 June\*. So, get snapping! ■

## CRAZY SOCKS 4 DOCS DAY - FRIDAY 4 JUNE

Follow us on one of our social platforms, like our post and tag us using one of these #tags.

1. **PHOTO:** Take your photo showing your "crazy" odd, weird or wild socks – get creative!



2. **HASHTAG:** Tag the photo with the **#crazysocks4docs** hashtag

3. Include the hashtag **#doctorsmentalhealthmatters**

4. **Select your category:**

If you are a doctor, add **#doctor**

If you are a medical student, add **#medicalstudent**

If you are entering as a team, add **#teameffort**

5. **TAG US @ Doctors Health Advisory Service WA** in your social media post of choice:

- Facebook: **@DocHealthAdvisoryWA**
- Twitter: **@DHAS\_WA** DHAS(WA)
- Instagram: **dhaswahealth**  
Drs Health Advisory Service WA

\*Entries may be used by DHASWA for promotional purposes.

Sign up for the crazysocks4docs event at [fb.me/e/3BUh2x8x9](https://fb.me/e/3BUh2x8x9)

For further information on Crazysocks4docs day: [crazysocks4docs.com.au](https://crazysocks4docs.com.au)

Doctors' Health Advisory Service WA: [www.dhaswa.com.au](https://www.dhaswa.com.au)