

Gumboot Friday 2022

Today 4/11/2022 is Gumboot Friday!

Gumboot Friday is an initiative to help fundraise for the I Am Hope Foundation. This foundation provides free counselling services for young persons aged 25 and under struggling with mental health in New Zealand. All proceedings from Gumboot Day go towards connecting young people in need with qualified licenced practitioners in the private sector.

Why gumboots?

Having depression is like walking through mud every day. So, on November 4th this year, we ask you to show your support, put your gumboots on, give a gold coin, and take a walk in their shoes for just one day.

Text BOOTS to 469 to donate \$3.00

For more information and other details on how you can donate please visit: www.gumbootfriday.org.nz

