



FRIDAY

NOVEMBER 5

HAVING DEPRESSION IS LIKE WALKING THE MUD EVERY DAY. SO ON NOVEMBER 5TH, 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.

Its a fun way for kiwis to join in the mental health conversation, while raising money to provide FREE and timely counseling for any young person in need.



Scan this QR code to donate \$3 to Gumboot Friday now, or text BOOTS to 469



CONTACT US

gumbootfriday@keytolife.org.nz
www.gumbootfriday.co.nz



GUM BOOT UP



NOV 5 #GUMBOOTUPNZ

GUMBOOT FRIDAY



2021

HOW TO GET INVOLVED



Wear your gumboots on Gumboot Friday to show your support, and make a gold coin donation.

Involve your workplace, school, or organization

You can find plenty of fundraising ideas on our website, Facebook page, or in your through other supporters on our 'Gumboot Army' Facebook group.

100% of your donation goes directly where it's needed: To kids and young people getting the help and support they need when they need it most.



WANT TO FUNDRAISE?

HOW TO REGISTER

To register to fundraise for Gumboot Friday, please head to www.gumbootfriday.org.nz/ volunteers and fill in the appropriate registration form. You will then receive a link to join our 'Gumboot Army' Facebook page.

HOW DO I DONATE?

You can donate via:

1. Internet banking (search gumboot friday appeal as a payee)
2. In person at any Kiwibank branch
3. Via our givealittle page



FAQ'S



WHY GUMBOOTS?

For people struggling with depression, it can feel like walking through mud every day. So, we want you to gumboot up and walk in their shoes for just one day.

WHO CAN ACCESS GUMBOOT FRIDAY FUNDING?

Anyone in New Zealand who is 25 years of age or under.

