

Starting conversations that could change lives



R U OK?Day is a national day of action which aims to prevent suicide by encouraging Australians to connect with colleagues, friends and loved ones and ask **"R U OK?"**.

R U OK?Day is about helping to stop little problems turning into big ones. It's not just about asking those in crisis but reaching out to anyone you're concerned about.

Why start a conversation?

Connection is a crucial part of general health and wellbeing, helping people cope with stressful life events, mental health problems, relationship breakdowns and bereavement.

R U OK? at Work

Organisations can show their support for **R U OK?Day** by registering online to take part in R U OK? at Work. The initiative is dedicated to reducing stress and depression by encouraging people in the workplace to reach out to friends, family or colleagues who may be struggling for any reason.

"In the time it takes to have a coffee, you can start a conversation that could change, or even save, a life."

Gavin Larkin, Founder R U OK?Day

Last year, over 2 million conversations took place on **R U OK?Day** and over 700 major organisations participated, including Commonwealth Bank, Rio Tinto, Queensland Police and Centacare.

"Having a compassionate culture has been central to our financial success. I think that is why the spirit of R U OK? Day was so enthusiastically taken up by our 30,000 employees."

Chris Rex, CEO Ramsay Health Care,
Winner 2010 AHRI R U OK? at Work Award

How can I be involved?

Every workplace can choose how they would like to participate. All we ask is that when employees take time out for a coffee or a break on Thursday 15 September, they're encouraged to start a conversation with someone they care about.

All the materials required to run R U OK? at Work are available on our website including "How to ask R U OK?" and "I'm not OK – what now?" support guides, as well as information posters.

Visit www.ruokday.com.au to register your workplace.

Principal sponsor:



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