



R U OK? Training Outline

R U OK? Day is a national day of action on 12th September 2019, dedicated to reminding people to regularly check in with family, friends and colleagues to ask R U OK?.

This session aims to raise awareness of common mental health issues; in particular, signs of suicidal behaviour, and provides strategies and tips to support you to confidently have a conversation that might change and even save a life.

Session Outline

- What is R U OK Day?
- Mental health in Australia
- See the signs and trust your gut
- Having the R U OK? conversation
- Where to access further support

Duration

- 1 hour

For more information

For enquiries please call Newport and Wildman on **1800 650 204** or email admin@newportwildman.com

