



R U OK?

“A Conversation can change a life”

10th September 2020

R U OK? Day has become a national call to action to empower people to connect in supportive ways, each and every day.

2020 is presenting unique challenges to our way of life, security and wellbeing. There is no better time for us to reach out to those around us, to keep connected, strengthen community, and show that we care.

Newport & Wildman invites you to develop a daily habit of asking the people around you, R U OK?

Join our session to learn about a simple and effective 4-step conversation that assists you to start a conversation and confidently respond to someone who is not OK.

Session Outline

- Acknowledging the mental wellbeing continuum
- Trust your gut
- The 4-step R U OK? Conversation
- Where to access further support and resources

Duration

- 1 hour standard session (live via zoom)

For more information

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

