



A message from
**Coordinator-General
Office for Mental Health
and Wellbeing**



10 September 2020

Hello from all the team here at the Office for Mental Health and Wellbeing as we welcome Spring with open arms. Please distribute this Newsflash around your networks if you find it useful.

Our Newsflash for September is focused on **R U OK? Day** which is held on 10 September. R U OK? is our national day of action when we remind Australians that every day is the day to ask, “are you OK?” if someone you know is struggling with life’s ups and downs. This year has been challenging and now more than ever we must continue to check in on each other.

This year the theme for R U OK? Day is **'THERE'S MORE TO SAY AFTER R U OK?'** and the aim is to support people to understand:

- what to say when someone says they're not OK, and
- guide them on how to continue a conversation that could change a life

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis. R U OK? Day resources are available on their website for communities and workplaces to utilise. To access [click here](#).



10 September is also **World Suicide Prevention Day**. Healthier Work is partnering with ACT Health and Black Dog Institute to provide a free 30 minute webinar on “Suicide Prevention and the Workplace’. This webinar will highlight the positive contribution workplaces can make towards suicide prevention and introduce Question, Persuade, Refer (QPR) for Business, an online training program that can teach your workforce how to save a life. To register for this training [click here](#). QPR training is also available free for members of the ACT community, [here](#).

Please keep an eye out for our October Newsletter which will include lots of great information and resources for **Mental Health Month**.

The Office for Mental Health and Wellbeing respectfully acknowledges the traditional custodians of the ACT, the Ngunnawal people, we pay our respects to their Elders, past, present and emerging.