



## *R U OK? Suicide Prevention Day 2019*

### *“Ask a Clinician”*

A conversation can change and even save a life. This year on RU OK? Day, we invite you to join a live conversation with two AccessEAP clinicians to discuss how to help someone you are concerned about.

We will focus on having a conversation about helping others with mental health concerns and invite you to participate in an anonymous Q&A forum where your questions can be answered by clinicians.

Examples might include:

- How to reach out to someone who is not coping
- What to do if you reach out and your efforts are rejected
- Tips on where and when to have a conversation, what to say and what not to say
- How to avoid becoming a counsellor
- Support regarding how best to respond to someone in the moment who expresses suicidal thoughts
- Information about referral and resources
- Where you can go for support if you are in this situation.

We look forward to you joining us for this exclusive and valuable discussion.

### Duration

- 30 minutes

### For more information

For enquiries please call your Relationship Manager or email [info@accesseap.com.au](mailto:info@accesseap.com.au)

**Please note that this Q & A session is not designed for people who are at risk and need support. In this instance, we recommend calling us directly on 1800 818 728.**

