



## *R U OK? Webinar 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.

This webinar aims to raise awareness of common mental health issues; in particular, signs of suicidal behaviour, and provides tips to support you to confidently approach family, friends and colleagues to ask 'R U OK?'.

### Webinar Outline

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

### Duration

- 30 minutes

### For more information

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

