



R U OK Day? Topic Outline

About the topic:

R U OK? Day has become a national call to action to empower people to connect in supportive ways, each and every day. AccessEAP invites you to develop a daily habit of asking the people around you, “R U OK?” 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.

What you will learn in this topic:

- Acknowledging the mental wellbeing continuum.
- Approaching a conversation and ‘trusting your gut’.
- The 4-step R U OK? conversation – how to have this conversation and how to respond if someone says they are not OK.
- Where to access further support and resources.

Who is this topic for?

Anyone who wants to learn the tips to have meaningful R U OK? conversations with work colleagues, family, friends, and others in our community.

How can this learning be delivered?

Delivery Method	Standard Duration
Live training	60 minutes
Pre-recorded webinar	45 minutes

Please note that due to current COVID-19 restrictions our strong recommendation is to deliver live training in a virtual format (e.g., Zoom). We can partner and work with you to make this interactive and engaging for your people. If there are no COVID restrictions in your area, we would be pleased to deliver training face-to-face.





What other learning is available?

The topics below compliment the learning gained from a R U OK? Day session. Talk to us about how we can assist you with other learning opportunities or how we can create a learning program for you.

- Mental Health Awareness
- Positive Psychology: Learn How to Flourish
- Manage Stress and Build Resilience

For further enquiries and bookings, please contact your Relationship Manager on **1800 818 728**.

