

3 things every Rail R U OK? Day event needs

Your Rail R U OK? Day event is not just any event. It's an opportunity to convince workmates that they can make a real difference to someone who's having a tough day by having a meaningful conversation.

Why is this important?

Because rail staff are sometimes exposed to trauma - and on top of that - life can get us down and we need a bit of support.

So when you're planning for Rail R U OK? Day, make sure you use:

1. Inspiration

Explain the importance of suicide prevention; why R U OK? is important; and why we need to look out for our workmates. Don't assume that people understand or remember it from last year. All key messages can be found on pages 5-7 of the *Communications Booklet*.

Share any of our videos on YouTube or encourage a workmate to share how they've been supported by someone when life was a bit tough. You can also use our PowerPoint preso and talking points to help you write a speech. These are available from tracksafefoundation.com.au/rail-ruok-day under *Conversation Resources*.

2. Legit supporters

Invite people who are genuine supporters to endorse and promote the event. It might not be the most senior person - or the most well-known person - but it's really important that supporters are genuine and believe in the importance of talking about life's and work's challenges.

3. Time to connect

Make sure that workmates are given opportunities (and lots of encouragement) to talk to one another. They probably won't talk about life's big issues but they might get to know each other a little better, which will help to break down barriers for future conversations.

GOOD LUCK with the event.

A chat can transform a workmate's journey.

R U OK?[™]



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