

# Train of thought

I wonder how they're doing?

I haven't heard from them for a few days.

I'll set up a video chat and  
ask 'Are you OK?'

**Rail R U OK?Day** | 30 April 2020



Learn more at [tracksafefoundation.com.au](https://tracksafefoundation.com.au)

# We must stay connected – We must support each other

Across Australia and the world people are facing an unprecedented situation as our health authorities and governments act to manage the spread of COVID-19 (coronavirus). For detailed, accurate information about these measures please visit the Australia Department of Health website ([www.health.gov.au](http://www.health.gov.au))

The coronavirus pandemic comes as many in the rail industry and across Australia are still feeling the impact of recent bushfires, floods and drought. It's very normal to not feel OK in challenging times such as these.

As calls for physical distancing and self-isolation increase, it's even more important we find ways to stay connected, especially with people who may struggle being alone or in the current climate. We know that connecting with others is a protective factor against suicide.

Rail R U OK?Day reminds us to stay in touch with our workmates, friends, family and community and continue to ask, "Are you OK?", especially if someone is struggling. By continuing to promote this message we can keep our industry connected and support one another through these challenging times.

You can find Rail R U OK?Day resources at [www.tracksafefoundation.com.au/rail-ruok-day](http://www.tracksafefoundation.com.au/rail-ruok-day)

You can find tips to help you stay connected at [www.ruok.org.au](http://www.ruok.org.au)

You can find tips to help you ask R U OK? at [www.ruok.org.au/how-to-ask](http://www.ruok.org.au/how-to-ask)

If you or someone you know needs immediate support call **Lifeline on 13 11 14**

Other supports and services can be found at [www.ruok.org.au/findhelp](http://www.ruok.org.au/findhelp)

## Messages to share with staff at this time

- It's very normal to not feel OK in challenging times such as these and the coverage can be quite confronting.
- Rail R U OK?Day reminds us of the importance of finding ways to stay connected with those in your world who might be struggling.
- Pick up the phone, make a video call, send an SMS, post online or chat over the fence.
- It's now more important than ever that we promote a sense of community, reach out and ask our friends, family and workmates, "Are you OK?".
- If a conversation is too big for you or you need additional support visit: [ruok.org.au/findhelp](http://ruok.org.au/findhelp)



Katherine Newton, CEO R U OK? has recorded a video message urging everyone to stay connected through these challenging times. You can view and download the video here: [www.vimeo.com/ruokday/download/399012534/9086efbb84](http://www.vimeo.com/ruokday/download/399012534/9086efbb84)

We suggest you use the wording below to accompany the video when you share it:

**Ahead of Rail R U OK?Day (30 April), R U OK? is calling on all of us to stay connected, lend an ear and provide support to those who need it as we navigate these challenging times. If you're worried about someone you can find conversation tips and information about available support services at [www.ruok.org.au](http://www.ruok.org.au)**

**#RailRUOKDay #RUOKEveryday #StayConnected**



## Ideas for celebrating Rail R U OK?Day online

Bringing people together to mark Rail R U OK?Day is a great opportunity to share messages of connection. There are many ways to do this without being physically together. The ideas below provide options on how to do this online and in different ways:

### Host an R U OK? Community Ambassador

R U OK?'s Community Ambassadors remain available for webinars and digital presentations. These Ambassadors are trained and able to share their personal story, the R U OK? message and answer questions from the audience. If you'd like to book a Community Ambassador, please contact Kristina Lawrence at [kristina@ruok.org.au](mailto:kristina@ruok.org.au)

### Host a digital event

Your organisation may have access to technology that can bring people together online. Consider hosting an event digitally. People can bring their own treats and conversation starters to the virtual gathering.

### Take the challenge

Quentin and Quinn are large interactive question marks that are travelling across Australia in the lead up to Rail R U OK?Day. They are issuing conversation challenges designed to get you connecting with your workmates 365 days a year. There may be some disruption to their journey, so we've recreated the experience online. Take a challenge at [www.ruok.org.au/rail-r-u-ok-day](http://www.ruok.org.au/rail-r-u-ok-day)

### Create an online 'Conversation Corner'

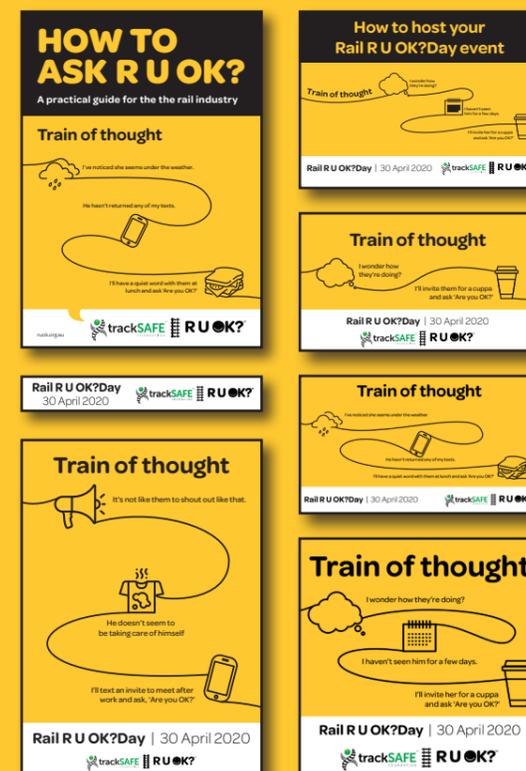
Create a team or group communication channel where you can check in and ask one another, "Are you OK?" regularly. You can share conversation tips and help-seeking information so people can confidently navigate a conversation where someone says, "No, I'm not OK."

## New materials

R U OK? and the TrackSAFE Foundation are continuing to develop materials that you can use in the build-up to Rail R U OK?Day. These will be available at [www.tracksafefoundation.com.au/rail-ruok-day](http://www.tracksafefoundation.com.au/rail-ruok-day)

### What's in development?

- An updated 'How to ask R U OK?' guide and presentation template. Posters, social media tiles and email signatures.
- A short animation explaining when and how to ask R U OK? that can be co-branded with your company's logo is in development. If you'd like to a co-branded version please email a high resolution logo to [info@tracksafefoundation.com.au](mailto:info@tracksafefoundation.com.au)
- R U OK? and trackSAFE are exploring ways to deliver presentations and information on and in the build-up to Rail R U OK?Day virtually. Topics may include how to have R U OK? conversations, creating an R U OK? culture in the workplace and how you can support Rail R U OK?Day in the current climate. If you would like to suggest a topic, please email [info@tracksafefoundation.com.au](mailto:info@tracksafefoundation.com.au)



RAIL RU OK? DAY™