

# Every day is Rail R U OK?Day



We encourage rail staff to talk to one another not just on **Rail R U OK?Day** - but every day!

Make sure you use the tips below to help you promote the message throughout the year

	Remind your workmates of the power of an R U OK? conversation while it's still top of mind via email or at the next staff meeting.		Think about mental health training options for your team, or book an R U OK? Community Ambassador to engage your workplace – a reminder to <b>keep the conversation on track</b> .
	Engage your staff with one of the Rail R U OK? Activities listed in the <b>Rail R U OK?Day</b> Toolkit.		The holiday season can be great fun – but it can also be a time of stress for people experiencing financial, family or other challenges. Check in with workmates at this time.
	International Men's Health Week is celebrated from 13-19 June 2022. Encourage those around you to get involved and ask "are you OK?"		Start planning your communications for the year. Explore training for your team or book in some webinars throughout the year that resonate with your workplace.
	It's been 3 months since <b>Rail R U OK?Day</b> . Why not remind people to <b>keep the conversation on track</b> .		Start the new year fresh and start planning for <b>Rail R U OK?Day 2023</b>
	Remind your workmates of the power of an R U OK? conversation via email or at the next staff meeting.		Plan a connection activity to keep your staff engaged ahead of <b>Rail R U OK?Day 2023</b>
	Encourage staff to get behind the national <b>R U OK?Day</b> on Thursday 8 September 2022		<b>Rail R U OK?Day 2023</b>
	Mental health is something we all need to care about. 10 October 2022 is World Mental Health Day. We can all do something to help shed a more positive light on mental health. Chat to your workmates about life's ups and downs and offer support.		