

Activity
planner
2023

Ask



No qualifications needed

RAIL R U OK?™ | TrackSAFE Foundation

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.



March 2023	April 2023	May 2023	June 2023
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.	Engage your staff with one of the Rail R U OK? Activities listed in the Rail R U OK?Toolkit .	Follow up on your Rail R U OK? activity with a reminder in your staff newsletter or weekly meeting that resources are available year-round.	International Men's Health Week is celebrated from 12-18 June 2023. Encourage those around you to get involved and ask 'are you OK?'
July 2023	August 2023	September 2023	October 2023
It's been 3 months since Rail R U OK?Day . Why not remind people that every day is a great day to ask 'are you OK?'	Remind your workmates of the power of an R U OK? conversation via email or at the next staff meeting.	Encourage staff to get behind the national R U OK?Day on Thursday 14 September 2023.	Mental health is something we all need to care about. 10 October 2023 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.
November 2023	December 2023	January 2024	February 2024
Think about mental health training options for your team, or book an R U OK? Community Ambassador to engage your workplace – a reminder that you don't need to be an expert to ask 'are you OK?'	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.	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.	Start the new year fresh and start planning for Rail R U OK?Day in April 2024.

Find more resources at tracksafefoundation.com.au/event/rail-r-u-ok