

2024
Activity
planner



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 2024	April 2024	May 2024	June 2024
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.	Rail R U OK? 10yr Anniversary is Thursday 18 April 2024 . Engage your staff with one of the Rail R U OK? Activities listed in the Rail R U OK? Interactive Guide.	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 10-16 June 2024 . Encourage those around you to get involved and ask 'are you OK?'
July 2024	August 2024	September 2024	October 2024
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?'	Rail Safety Week is 5-11 August 2024 . Remind your workmates of the power of an R U OK? conversation.	Encourage staff to get behind the national R U OK?Day on Thursday 12 September 2024 .	Mental health is something we all need to care about. 10 October 2024 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 2024	December 2024	January 2025	February 2025
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 2025.