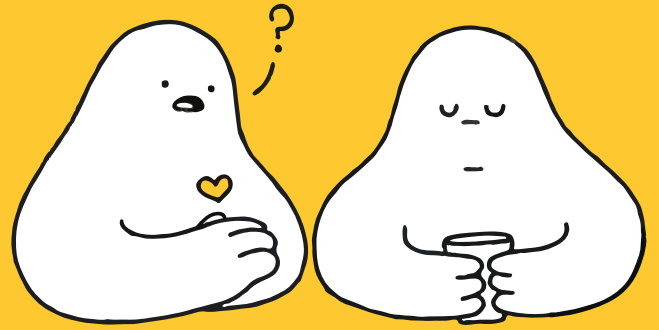


2025

Activity planner



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.

| | | |
|---|--|---|
| <p>March 2025</p> <p>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.</p> | <p>April 2025</p> <p>Rail R U OK?Day is Thursday 3 April 2025. Engage your staff with one of the Rail R U OK? Activities listed in the Rail R U OK? Interactive Guide.</p> | <p>May 2025</p> <p>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.</p> |
| <p>June 2025</p> <p>International Men's Health Week is celebrated from 10-16 June 2025. Encourage those around you to get involved and ask 'are you OK?'</p> | <p>July 2025</p> <p>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?'</p> | <p>August 2025</p> <p>Rail Safety Week is 11-17 August 2025. Remind your workmates of the power of an R U OK? conversation.</p> |
| <p>September 2025</p> <p>Encourage staff to get behind R U OK? National Day of Action Thursday 11 September 2025.</p> | <p>October 2025</p> <p>Mental health is something we all need to care about. 10 October 2025 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.</p> | <p>November 2025</p> <p>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?'</p> |
| <p>December 2025</p> <p>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.</p> | <p>January 2026</p> <p>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.</p> | <p>February 2026</p> <p>Start the new year fresh and start planning for Rail R U OK? in April 2026.</p> |

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

Ask
R U OK?® **ANY DAY**