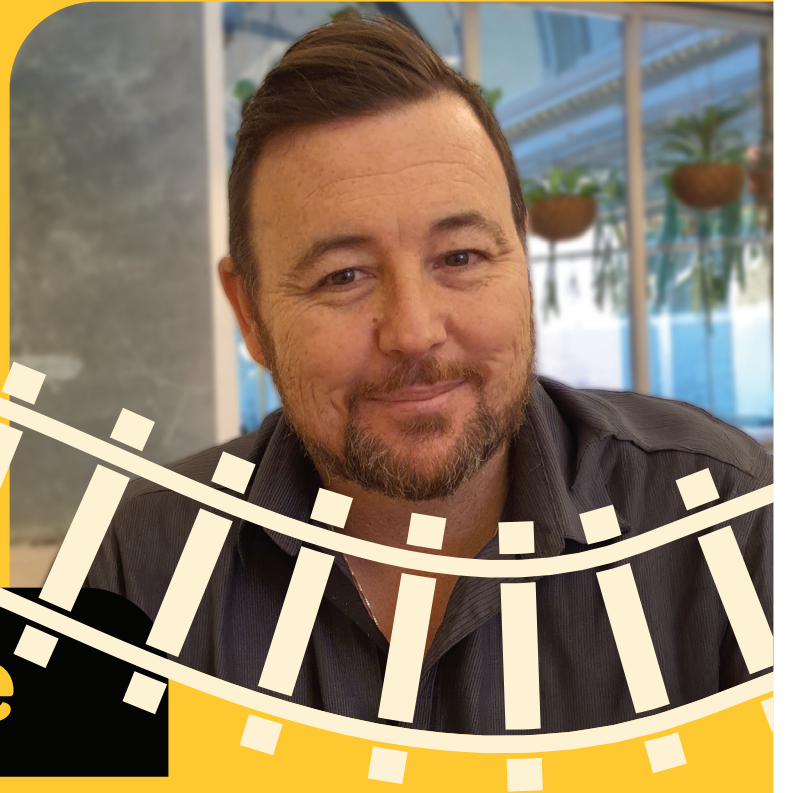


Ask RUOK?[®] ANY DAY

This content discusses suicide. For support, contact
Lifeline on **13 11 14** or text **0477 13 11 14**.



Meet Shane

After moving on from a career in warehouse logistics, I recently transitioned into the rail industry and now work at Keolis Australia as a Senior Buyer. We're responsible for maintaining South Australia's train network, so my day to day involves sourcing suppliers, negotiating prices, raising purchase orders and working closely with different teams to keep things moving.

Like any industry, there are some pressures that come with the job. One of the biggest challenges is responding to emergencies, when something breaks down, and we need to quickly coordinate track isolation, organise maintenance and support repairs.



At the same time, I'm always aware that people may be carrying things outside of work that they're dealing with too.

We all bring our outside lives with us to work, and everyone handles things in their own way. From personal experience, I've seen how challenging life can be. My partner has lost two nephews, who were brothers, to suicide just two years apart, and I've seen the ripple effect this has on families. It's made me more aware of how important it is to notice changes and reach out to people at work.

We spend a large part of our lives at work, often 40 to 50 hours a week, so you start to notice when something feels off. It might be a shift in mood, lower energy or a change in how someone engages. When I see that, I make a point to check in with simple questions like, 'are you OK?' or 'how are things going?'.



I try to support my colleagues by being genuine and approachable. We're a small team of seven, and I've always preferred picking up the phone or having a face-to-face conversation rather than relying on emails. **Everyone communicates differently, so it's about understanding what each person needs and supporting them in a way that works for them.**



For anyone who feels unsure about starting a conversation, it doesn't need to be complicated. It's about being thoughtful in how you approach it.

With some people, I'll be direct and ask what's going on and how I can help. With others, I'll take a gentler approach, asking how things have been and giving them space to talk. Even if everything is fine, asking the question still matters.

I think it's important for people in rail to know they have someone they can talk to. Sometimes it's as simple as saying, 'I'm here if you need a chat'. Knowing there's someone willing to listen can make a real difference. And if things are more serious, there are always support services available, whether that's the Employee Assistance Program or 24/7 counselling. **The key is making sure people know they're not on their own.**

Rail R U OK? is a collaboration between TrackSAFE and R U OK? that aims to empower rail workers to identify the signs that someone might not be OK and offer guidance on how to support them, any day of the year.



Learn more at ruok.org.au/rail

RAIL R U OK? | TrackSAFE Foundation