



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

This issue is dedicated to R U OK day. I encourage you to visit the www.ruok.org.au website for loads of information, great resources and order some merchandise.

WHATS IT ALL ABOUT

R U OK?'s vision is a world where we're all connected and are protected from suicide.

YOUR CALL TO ACTION

- » This R U OK? Day, re-connect with someone you've lost touch with
- » Start a conversation and help make a difference
- » Visit ruok.org.au for tips on how to start a conversation

WHY ASK

Having a sense of belonging - of mateship - is one of the best protective factors against suicide.

THE STATS



Provided by [beyondblue](http://beyondblue.org.au) where you can talk it through with our Support Service on 1300 22 4636, email or chat online at www.beyondblue.org.au/getsupport Workplace specific information and resources can be found at www.headsup.org.au

Seeing who's struggling isn't always obvious.

Chances are one of your three mates needs to talk. One simple question could change their life. **Just ask R U OK?**

Visit ruok.org.au **R U OK?**

GET PROTECTED - 7 points to consider

- » Get support from family and friends
- » Exercise
- » Eating well
- » Good sleep patterns
- » Financial stability
- » Hobbies
- » Sense of self worth and/or achievement
- » Keep connected with others

The information in this newsletter should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

How do I know if someone isn't ok?

- » Sometimes it's obvious that someone is not doing so well. You can just tell that they aren't themselves, or they're clearly upset, stressed or very distracted.
- » Other times, it might not be so obvious that someone's struggling but your gut says that something's not quite right. We need you to trust your instinct and check in with them.
- » There's a chance you might be wrong – but it's never going to be a bad thing to show someone you're concerned for them.
- » On the other hand, if you're right, it could really make a big difference to their day and how they're coping.

You don't need to be an expert to have a conversation with a mate, follow this conversation flow chart to get you started.

The Do's and Don'ts

DON'T

- » Ignore or avoid the person
- » Try to fix their problems
- » Talk about your own problems

DON'T SAY

- » "Harden up"
- » "Get over it mate, you'll be fine"
- » "It's not my problem, I don't want to get involved"
- » "You're worrying about nothing"

DO

- » Before you even ask "are you ok?", make sure that you've got the time and energy to have a proper chat. You don't want to be rushed.
- » Talk in a quiet place
- » Break the ice by talking about something neutral
- » Ask an open question like, how you travelling or you seem less chatty than usual, how are you going?
- » Listen; don't judge
- » Encourage to take action
- » Check in again

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If you need more information
or expert advice visit ruok.org.au



Bristow | **RU OK?**

Where to go to get more for your workplace

To get info packs, posters, merchandise go to www.ruok.org.au

For brochures, poster, training for your workplace visit www.beyondblue.org.au

For talks/training in your construction workplace visit www.matesinconstruction.org.au/sa

This program is funded by SA Health in partnership with Group Training Australia SA

For further information on the Healthy Workers program contact (08) 8346 2227

or go online at gtasa.com.au/healthy-workers-healthy-futures