

ARA joins the rail industry to mark Rail R U OK?Day

23 April 2026

The Australasian Railway Association (ARA) will participate in today's national day of action, Rail R U OK?Day, in support of the joint initiative between the TrackSAFE Foundation and R U OK?

ARA Chief Executive Officer and TrackSAFE Foundation Director Caroline Wilkie said R U OK? conversations are important every day, because a meaningful conversation could save a life.

"Almost 200,000 Australians work in the rail industry and provide an essential role in keeping Australia's economy and community moving," Ms Wilkie said.

"It is vital that rail workplaces create space for R U OK? conversations every day of the year

"Rail R U OK?Day provides practical guidance on how to spot when a colleague might need access to the support and resources before they are in crisis, to help look after rail workers' wellbeing."

ARA team members will join with rail industry organisations to mark the occasion, participating in team briefings, events and other initiatives being held as part of the day.

Rail R U OK?Day provides an opportunity to discuss the importance of taking the time to have R U OK? conversations – not only on the day itself, but any day of the year – to create a stronger, more resilient and safer industry.

This year's Rail R U OK?Day has four focus areas:

- Lived experience – further sharing the voices of those with lived experience through storytelling
- Connection – amplifying the importance of building connections to encourage regular, meaningful conversations and make asking, 'are you OK?' any day
- Leaders – building the confidence of rail leaders to share the Rail R U OK? Any Day message within their own organisations
- Confidence – Introducing further resources for continued awareness and to encourage more conversations

Visit the [TrackSAFE](#) Foundation website for free resources, including a dedicated [conversation guide](#), to help you have an R U OK? Conversation.

If you or someone you know needs extra support, you can find contact information for national support and services at www.ruok.org.au/findhelp

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