

29 April 2021

ARA throws its support behind Rail R U OK?Day

The Australasian Railway Association (ARA) is taking part in Rail R U OK?Day events across the country today as more than 90,000 rail industry workers join in the day.

ARA Chief Executive Officer Caroline Wilkie said Rail R U OK?Day provided a timely reminder of the importance of wellbeing at work.

“Rail R U OK?Day is now in its seventh year and is going from strength to strength, with more than 110 organisations across Australia and New Zealand taking part in 2021,” Ms Wilkie said.

“The ARA team will be meeting with members as they host a range of events to highlight the importance of checking in with your workmates to make sure they are OK.

“We will be joining virtual meet ups, morning teas, information sessions and more across the country to recognise the value of peer-to-peer support when we go through difficult times.”

Ms Wilkie said the increasing number of people taking part reflected the industry's commitment to its people.

Rail industry workers would be encouraged to *follow that train of thought* and keep the conversation moving if someone says they are not OK.

Participants will also be provided with simple steps to support an R U OK? conversation as part of the day's events.

“We have a real opportunity to make a difference when we recognise someone at work might not be OK,” Ms Wilkie said.

“Today's events provide an opportunity to share advice on how to make those conversations count so we are prepared to support each other when we turn up to work each day.

“Days like Rail R U OK? also highlight the important role the TrackSAFE Foundation plays in promoting mental health and wellbeing in the rail sector.”

Rail R U OK?Day is a joint initiative of the TrackSAFE Foundation and R U OK? and is the only industry specific R U OK? day of action.

MEDIA RELEASE



For more information and resources, go to the [TrackSAFE Foundation website](#).

ENDS

Further information

Joeley Pettit

General Manager Corporate Affairs, Sustainability and Member Engagement

0407 061 421, jpettit@ara.net.au