MEDIA RELEASE

AUSTRALASIAN RAILWAY ASSOCIATION

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Rail industry keeps the conversation on track for Rail R U OK?Day

The Australasian Railway Association (ARA) is joining with 100,000 employees from across the Australian rail industry to take the time to check in on their workmates today for Rail R U OK?Day.

ARA Chief Executive Officer and TrackSAFE Foundation Board Member Caroline Wilkie said this year's Rail R U OK?Day theme 'keeping the conversation on track' provided a timely reminder of the importance of ongoing conversations with those around us.

"Rail R U OK?Day is now in its eighth year and is going from strength to strength, with more than 120 organisations nationwide taking part in 2022," Ms Wilkie said.

"The day provides a good opportunity to talk about how and when to ask 'are you OK', and what to do to keep the conversation on track.

"The events taking place across the industry today will help empower rail workers to have R U OK? conversations with their colleagues throughout the year as part of a safe and supportive culture."

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 continue talking about mental health as a key to changing attitudes and people's actions on mental health.

Participants will also be provided with simple steps to support an R U OK? conversation.

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

"That is why Rail R U OK?Day has been so effective in the workforce as it provides an opportunity to encourage discussion on mental health and wellbeing and provides guidance on to how to listen and seek help if needed.

"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."

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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.

For more information and resources, go to the TrackSAFE Foundation website.

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Further information

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