Australasian Railway Association

MEDIA RELEASE

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# RAIL R U OK? REMINDS US TO CHECK IN ON WORKMATES ANY DAY OF THE YEAR

The Australasian Railway Association (ARA) is encouraging everyone in the rail industry to embrace tomorrow's national day of action Rail R U OK?, a joint initiative between the TrackSAFE Foundation and R U OK?

ARA Chief Executive Officer and TrackSAFE Foundation Director Caroline Wilkie said it is vital that we all learn the skills to recognise when colleagues may be struggling and to ask often and early how they are feeling.

"Knowing how to start an R U OK? conversation with someone who may be going through personal difficulties can make a huge difference," Ms Wilkie said.

"Checking in on your workmates and having regular, meaningful conversations supports a resilient, safe and happier workplace and, in some cases, may even save someone's life."

This year's theme is "Any Day" and more than 120,000 rail employees across more than 135 organisations will take part in virtual meet ups, morning teas, information sessions and other events.

Rail R U OK? is a movement that aims to empower rail workers to identify the signs that someone might not be OK, and how to listen and support them. R U OK? research shows that 90 per cent of people who are regularly asked R U OK? feel more supported, connected and cared about.

"Every day is R U OK day and we want to encourage meaningful conversations and connections – it is so important for both individuals and organisations that people feel safe and supported at work," Ms Wilkie said.

"We are asking everyone to ask early and ask often, "R U OK?" and help break down the stigma around mental health that can lead to distressing or harmful situations."

The TrackSAFE Foundation has developed a **Conversation Guide** to assist in planning a conversation with workmates.

Visit **TrackSAFE** for FREE resources to help you have an R U OK? conversation. If you or someone you know needs some extra support, you can find contact information for national support and services at **www.ruok.org.au/findhelp**

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