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8 August 2022

R U OK? DAY IS NEXT MONTH

**HOST YOUR OWN TEAM MORNING TEA AND JOIN US FOR A STATE-WIDE
ONLINE EVENT**

R U OK? Day is next month, on **Thursday 8 September** – an important reminder that **every day** is the day to ask, “Are you OK?” if a colleague, friend or loved one is struggling with life’s ups and downs.

Sometimes it’s hard to tell if they’re struggling with something big, or something small, or nothing at all. You don’t need to be an expert to reach out – just a good friend who is willing to listen. **No qualifications needed.**



Host your own R U OK? Event

This year, as part of ***Thriving at DFES***, we are hosting a live-streamed R U OK? Day **online event** with teams from across WA. Join the Commissioner and engaging R U OK? Ambassador Matt Newlands as they talk about the important and serious R U OK? Message.

Date: Thursday 8 September
Time: 10:30 – 11:10am
Location: Microsoft Teams (link will be sent when you register)

[Use this link](#) or the QR code on the next page to register now and join us online by hosting your own team morning tea, or even join us individually. We want to make it easy, so once you’ve registered we’ll send you an **event pack** with everything you need. Simple!

We know that this event won’t work for all teams, so if you want to host a different kind of R U OK? event, we’ll support that too! Register using the [same link](#) and we’ll



give you access to the recorded webinar and your own event pack. You can also use the DFES R U OK? Event Guide for ideas on your own event. Search “R U OK Event Guide” on the [Staff Intranet](#) and [Volunteer Hub](#).

How to Ask R U OK?

Not sure how to start the conversation, or what to do if someone says they are struggling? Access the brand new **10-minute online learning module on eAcademy** designed specifically for emergency services personnel and build your confidence in asking, “Are you OK?”.

The interactive course is designed to help you learn how to ask, “Are you OK?” of anyone who you might be worried about, and how to respond appropriately and safely to anyone who says, “No, I’m not OK.”

No qualifications needed.

Search “R U OK? Emergency Services” within the training catalogue on eAcademy.



What if you aren't OK?

If you need help with your mental health, there are people who will listen:

- For urgent crisis support contact [Lifeline Australia](#) on 13 11 14.
- For help from a health professional, visit your GP or access the **DFES Psychological Support Service**. More information can be found on the [Staff Intranet](#) or [Volunteer Hub](#).

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