4 September 2015

R U OK? Day; a conversation could change a life

R U OK? Day is a national day of action dedicated to reminding people to regularly check in with family and friends, and meaningfully asking ‘are you ok?’ to support those struggling with life.

The Sunshine Coast Hospital and Health Service believes the workplace is a setting where asking others a question about their wellbeing can make a real difference.

“We can all contribute to a culture where people feel confident asking and answering this most important question, ‘Are you ok?’. These conversations can make a real difference to a co-workers going through a tough time,” Sunshine Coast Hospital and Health Service Safety and Wellbeing Principal Advisor Michael Bartholomew said.

“When you feel something’s not quite right with someone, chances are they might need a bit of extra support from the people around them.

“They might be acting a bit differently, seem to have a lot on their plate, or simply aren’t themselves. Don’t ignore those signs but instead take some time to start a conversation, these are some of the key messages from the R U OK? Foundation,” Mr Bartholomew said.

Bernie Waterhouse from the Sunshine Coast Hospital and Health Services Mental Health & Addiction Service says staying connected with others is essential for general health and wellbeing.

“Everyone has down days where they feel low but if a person loses interest in things they once enjoyed, withdraws, has changes in sleeping and eating patterns that are of concern I would suggest encouraging the person to chat to a GP that they feel comfortable with.

“Normalise the situation by letting the person know that they are not alone, that there is help available and encourage the person to seek professional help in the area of their struggles,” Ms Waterhouse said.

The Sunshine Coast Hospital and Health Service is urging everyone to get involved in R U OK? Day on September 10 and start a conversation that could change a life.

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Media statement