



07/09/2016 – For Immediate Release

## MEDIA RELEASE: This Thursday we are asking our kids – R U OK?

**Thursday 8th September is R U OK Day.** It is a day when we are all encouraged to stop and ask our friends, family and colleagues how they are really doing. Sadly, the number of Australians taking their own lives is on the rise with almost eight deaths every day.<sup>1</sup> R U OK Day is an important awareness raising day which encourages people to have open conversations about wellbeing. Because a conversation could save a life.

This year The StandBy Response Service, delivered locally by Social Futures, is involved in a number of local activities designed to help start the conversation. StandBy Response Service is joining HeadSpace on Thursday morning in Carrington Street where a street event is being held in Carrington Street. In the afternoon, from 1.30pm there will be kite making workshops held at Trinity Catholic College.

“The kite making workshops are a collaboration between StandBy Response Service, HeadSpace and Trinity Catholic College and they have been designed to help reinforce positive messages and to instil greater self-help and self-care strategies,” says StandBy Response Coordinator, Rose Hogan.

“Flying kites is an activity which is really conducive to mental health and happiness. It takes you outside and gets you closer to nature, it is creative, and it is an inclusive, open to individuals of every age, size, and physical ability. It also promotes mindfulness, and awareness of the here and now which can have very positive health benefits, and it is a great way to reduce stress and anxiety”, says Rose.

**Media are invited to attend the kite flying workshop at Trinity Catholic College St Joseph’s Site from 1.30pm on Thursday 8<sup>th</sup> September.**

If you are bereaved by suicide you can contact StandBy Response service for support 24 hours on 0417 119 298. **If you need someone to talk to or are concerned about someone you know, you can contact Lifeline on 13 11 14 – 24hr Telephone Crisis Support**

<sup>1</sup> 3303.0 - Causes of Death, Australia, 2014 , published by ABS 2016



2.

**For Media Enquiries contact:** Rose Hogan, Standby Response Coordinator, 0417 119 298.

@ruokday Day.

**END**