

Media Release



Thursday 12 September 2019

Camden Council is asking 'R U OK?'

Camden Council has introduced 11 Mental Health First Aid Officers to staff, to celebrate the nation-wide **R U OK? Day**.

The existing staff members received an accreditation in mental health first aid. They will be located across the organisation and will provide support and assistance to colleagues with mental health issues.

Mayor of Camden, Cr Theresa Fedeli, said mental health should be everyone's first priority.

"The R U OK? Day is a reminder to check in with our family, friends and colleagues, and be there to support people who may be struggling with life's ups and downs," Cr Fedeli said.

"It's so important we let the people in our lives know they are loved and that we are here for them to lean on if they need it.

"We want to create a community where we're all connected and are aware of the triggers for suicide. It's days, activities and events just like this one that will help us get there.

"I'm encouraging all our residents to ask the important questions on Thursday as well. It's as simple as asking, listening, encouraging action and checking in. These four simple steps could change a life."

Staff heard the announcement while partaking in a number of different activities, which aimed to start meaningful connections and conversations.

For more information on R U OK? Day, including tips on how to get involved, visit ruok.org.au

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