

R U OK?Day



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- 2 Create** a safe space for your child
- 3 Discuss** the importance of emotions
- 4 Identify** supportive relationships
- 5 Teach** your child to listen actively
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The rise of mental health concerns among young people, including anxiety, depression, and self-harm, is a pressing issue amplified by factors such as academic stress, social media, family dynamics and societal expectations.

It is therefore crucial to prioritise early intervention, de-stigmatise mental health discussions, and provide accessible and effective support to address these concerns and promote the wellbeing of young people.

R U OK?Day contributes to suicide prevention by urging people to invest time in personal relationships and empowering informal support networks to identify signs of distress. Families are encouraged to engage in this initiative, emphasising the importance of authentic human connections and reminding everyone to ask the essential question, "Are you OK?"

Parents, caregivers and schools all play a vital role in shaping young lives. Participating in R U OK?Day goes beyond classrooms, showcasing a commitment to holistic student development. By initiating conversations about mental health, schools create safe spaces, where children feel valued, understood, and supported.



1

Discuss the purpose of R U OK? Day

Explain that by asking friends and family if they're okay shows that you care and helps prevent isolation. Try and relate this to some of their own experiences and friendships.

Create a safe space for your child

Make it clear that you're available to listen to them whenever they want to talk. Ensure your child knows they can share their thoughts or feelings with you without judgement.

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Discuss the importance of emotions

Engage your child in conversations about emotions, clarifying that it's okay to feel sad, anxious, or stressed. Share your emotions too, so they see it's normal to talk about feelings.



Identify supportive relationships

Guide your child to recognise the trusted people in their lives that they can turn to when they need support, such as family members, teachers or school counsellors.

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Teach your child to listen actively

Explain the importance of listening carefully when someone shares their thoughts or feelings. Highlight the significance of giving their full attention and showing empathy.

Address any mental health stigmas

Remind your child that seeking help is not considered a sign of weakness, but a sign of strength. Try sharing stories of some well-known individuals who have openly discussed their own struggles.

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Discuss other accessible resources

Introduce your child to age-appropriate resources like apps, books, videos or websites that provide further information about mental health, coping strategies and seeking help.



Plan an activity with your child

Engage in a creative activity together, like an art project, cooking dinner, or writing a story, that will allow your child to express their feelings. Use this as an opportunity to continue the conversation about mental health in a relaxed setting.

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