



COMMUNITY  
BROKER  
NETWORK

## R U OK? Day

R U OK? Day is on Thursday 12 September and is such an important day as it is national day of action, dedicated to inspiring all people of all backgrounds to regularly ask each other 'Are you OK?'

It's a national day which aims to prevent suicide by encouraging Australians to connect with someone they care about and help stop little problems turning into big ones.

Staying connected with others is important to our general health and wellbeing. Feeling isolated or hopeless can contribute to depression and other mental illnesses. Regular, meaningful conversations can protect those we know and love.

### **Employee Assistance Program**

As you would be aware, we have partnered with AccessEAP to provide our network and staff with access to an Employee Assistance Program.

AccessEAP is a voluntary, confidential and complimentary counselling service for anyone in your organisation. If you are feeling overwhelmed at work or home and it is impacting your health or quality of life, AccessEAP can help you. They can also help if you need guidance on professional or personal goals or effective communication skills.



The counsellors are independent of CBN and they are focused on supporting you to address any issues impacting your wellbeing.

Below are links to additional information on their service

[AccessEAP Program](#)

[What is counselling](#)

### **Crisis Helplines**

For immediate help and support contact:

- Lifeline: 13 11 14 and [www.lifeline.org.au](http://www.lifeline.org.au)
- Suicide Call Back Service - 1300 659 467
- Kids Helpline (for young people aged 5 to 25 years): 1800 55 1800

A conversation could change a life. Ask R U OK?, Listen, encourage action and check in.