

13 September 2023

Mayoral Message

Dear Residents



A conversation is sometimes all that is needed to change a life.

And tomorrow's R U OK? Day (**Thursday 14 September**) is an important reminder to check in with friends, family and colleagues.

It's a sad reality, mental health impacts the lives of so many people – tragically, almost nine Australians lose their lives to suicide each day.

With today's fast pace and cost of living pressures, it's not surprising that we are seeing increased levels of stress and anxiety.

Over the years, we have become more open when it comes to discussing mental health issues and dealing with the stigma that is often attached to it.

But there are still many people in our community who are too afraid to speak out and suffer in silence, opting to deal with their issues alone.

Asking "are you OK?" is a simple yet effective way to support those who are struggling. It's all about letting people know that you care and that you're here, to really hear them.

By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help those around us feel supported and connected.

And remember, it's okay not to be okay. Life's ups and downs happen to all of us, and it's important we spot the signs that someone is struggling.

The earlier you give someone the opportunity to open up to you, the sooner they can find appropriate support or, if needed, professional help.

The R U OK? website has a fantastic list of resources that you can call upon for advice on how to support someone who is struggling. Just visit **ruok.org.au/FindHelp**

Let's not limit R U OK? Day to just tomorrow and make asking "are you OK?" a part of your everyday relationships with those around you.



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