Minister for Health David Tollner today continued his support for suicide prevention by lending a hand at an R U OK? Day awareness afternoon and fundraiser at Royal Darwin Hospital.

Minister Tollner said we need to seize every opportunity to spread the word about suicide prevention, especially here in the Northern Territory, and R U OK? Day raises awareness about this important issue.

“We need to start talking about this problem so people are able to identify friends and loved ones who may be at risk,” Minister Tollner said.

“We can all help tackle suicide by looking out for each other and taking the time to help someone talk over their problems.”

R U OK? Day was launched in 2009 by the late Gavin Larkin OAM whose father took his own life in 1995.

The aim of the awareness day is to start conversations about suicide and encourage Australians to check in with each other by simply asking “Are you OK?”.

“The Mills Government is committed to training community members and frontline workers to recognise when people are at risk,” Minister Tollner said.

“The task of tackling suicide rates in the Territory is one we all need to get behind together, and it starts with being there for each other and lending an ear when we notice someone is doing it tough.

“I urge all Territorians to take a moment to check in with loved ones, friends, colleagues, team mates or even total strangers to ask, “Are you OK?”.

“This is something we can all do and sometimes when times are tough it’s a big help to know you’re not alone.”
Help is always at hand for individuals or family members who may have concerns about themselves or their loved ones through the free 24 hour mental health telephone service NT CATT on 1800 682 288, Lifeline on 13 11 14, or your local GP, Mental Health Service, Emergency Department or Police Service.

For more information on R U OK? Day visit www.ruok.com

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