

R U OK? Day- September

*The School Based Youth Health Nurse talks about...
R U OK? Day*

September 11th is R U OK? Day.

Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day.

Regular, meaningful conversations with the people close to you can help prevent small things from becoming big things.

👉 For more information, visit: [A conversation could change a life | R U OK?](#)

To make an appointment to see the nurse, students can:

👉 Email: nurse.mtgravatt@health.qld.gov.au

👉 Self-Refer via this link: [School Based Youth Health Nurse - Young Person Self-Referral \(Page 1 of 6\) \(office.com\)](#)

👉 Visit your School Based Youth Health Nurse office on Wednesdays and Thursdays, located upstairs in the Admin building.

👉 For more information, visit <https://bit.ly/chqSBYHN>

Ask R U OK? ANY DAY

The 4 steps of an R U OK? conversation

- 1 Ask R U OK?** How are you travelling?
- 2 Listen** I'm here to listen if you want to talk more.
- 3 Encourage action** Have you spoken to your doctor about this?
- 4 Check in** Just wanted to check in and see how you're doing?

Learn more at ruok.org.au

Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000). You can also seek support from your doctor or one of these support services (24/7).

Lifeline	Beyond Blue	Suicide Call Back Service
13 11 14 lifeline.org.au	1300 224 636 beyondblue.org.au	1300 659 467 suicidecallbackservice.org.au

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