

R U OK?™ *day*

A conversation could change a life.

2019

BAMS organised a breakfast for the students, teachers and parents at the St Patrick's school. Megan, Ian, Joseph and John had a brief talk and activities to promote and build awareness of the R U OK? vision.

R U OK?'s vision is a world where we're all connected and are protected from suicide and simply asking a friend "R U OK?"

Our mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.



Trust the signs, trust your gut & ask R U OK?
Learn the signs and how to ask at ruok.org.au



Walgett Aboriginal Medical Service Limited t/a

BREWARRINA ABORIGINAL MEDICAL SERVICE

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Small acts of kindness
make the world a better place

Ask RUOK?TM

Learn how at ruok.org.au



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