



Media Release

7 September 2016

Glenorchy Youth Task Force reconnects community for R U OK?

Thursday 8th September | Glenorchy City Council Lawns | 3:00pm- 4:45pm

The Glenorchy Youth Task Force (GYTF) will be hosting an event in support of the suicide prevention organisation R U OK? to help promote mental health and wellbeing within the community.

R U OK? Day is a national day of action that reminds people to regularly check in with family, friends and workmates by simply asking R U OK?

The GYTF is a special committee of the Glenorchy City Council. It is the country's longest running council supported service.

"The Glenorchy Youth Taskforce have identified mental health as one of their key concerns and the activities they have planned demonstrate how supporting one another can make a difference in a person's life." said Mayor of Glenorchy, Kristie Johnston.

For this year's campaign, R U OK? is asking all Australians to reconnect with the people in their lives who matter most and in the process, help create a more connected world for all of us.

The GYTF is encouraging people in bringing along someone to the event they wish to spend more time with.

This is the second R U OK? day the GYTF will be running following the success of last year's R U OK? Day which saw over 150 participants engaging in the activities.

The activities that will be included on the day are: a conversation café and ball pit, free hugs, giveaways, a photo booth and much more. The GYTF will also be holding a free BBQ all in the aim of engaging people in more meaningful conversations with others on a regular basis.

"R U OK Day activities provide an important reminder that sometimes asking the simple question can help make a difference to a person's mental health and wellbeing", Mayor Johnston said.

The Mental Health Council of Tasmania (MHCT) will be there to support the special event alongside mental health services such as headspace, Bapcare and Lifeline and Speak up Stay ChatTY who will be there providing guidance and support to young people who attend.

MHCT CEO Connie Digolis said it is important for people to feel comfortable having these conversations.

"It is about ensuring that people who might be going through difficult times know that they are not alone. There are so many supportive people out there who will take the time to listen to what you have to say."

R U OK? Day is supported by Metro Tasmania, Glenorchy City Council and The Phoenix Centre/Migrant Resource Centre.

For more information, contact:

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All media enquiries, contact: Catherine Delpero (MHCT): 0407218198

Advice on how to report sensitively and accurately on mental health and suicide can be found at: <http://www.mindframe-media.info/for-media>