

Starting conversations that could change lives

R U OK? is an Australian suicide prevention charity that asks us all to have regular, meaningful conversations with anyone we're worried about. But while it might have started Down Under, the mission is global. We want to help create a world where we're all connected and are protected from suicide.

That's why we're pleased to partner with The Jim Young Foundation to inspire Canadians to start these life-changing conversations. No matter what side of the equator we live on, we've all got what it takes to be there for one another.

"In the time it takes to have a coffee, you can start a conversation that could change, or even save, a life."

Gavin Larkin, R U OK? Founder

Why start a conversation?

Regular, face-to-face conversations can help us to build and maintain strong relationships with friends and family. In turn, research shows that people with these strong relationships are more likely to cope with life's ups and downs.

What's the inspiration?

In 1995, much-loved Barry Larkin was far from ok. His suicide left family and friends in deep grief and with endless questions. In 2009, his son Gavin Larkin chose to champion just one question to honour his father and to try and protect other families from the pain his endured.

"Are you ok?"

Initially wanting to do a documentary, he came to realise that a national campaign was needed to make a real, lasting difference. And from this realisation, **R U OK?** was born.

How can Canadians get involved?

R U OK? in Canada is just getting started. What we need at the moment are organisations and people who will share the cause with others and start to think about how they can get involved. The website ruok.org.au has lots of resources as a starting point (noting that you might like to avoid ones which use too much Aussie slang). The Jim Young Foundation is the supporting partner for this event and you can find out more information at www.jimyoungfoundation.com. You can also register your interest to get involved via ruok@jimyoungfoundation.com

R U OK?TM

A conversation could change a life.