




Workplace Champions Activity planner

Ideas to share the R U OK? message
with your workplace, Any Day of the year

August 2025	September 2025	October 2025
<p>Finalise plans for your R U OK?Day workplace activities (download resources, display posters, send out invites and confirm event details and speakers)</p> <p>Check out the Workplace Champion activity resources to help you prepare for the event.</p>	<p>Plan an event and encourage the people in your workplace to get behind R U OK?Day on Thursday 11 September 2025.</p> <p>Invite a workplace leader to share the challenges they have faced to highlight the importance of peer support.</p>	<p>It's Mental Health Month and 10 October 2025 is World Mental Health Day.</p> <p>Shine a positive light on mental health and encourage more life changing conversations in your workplace.</p>
 <p>Get your workplace involved in Xs for R U OK? Connect with colleagues and have a chat as you walk, run, roll or cycle to raise awareness for suicide prevention.</p>		
November 2025	December 2025	January 2026
<p>It's not always easy to keep the conversation going when someone says they're not OK. Check out the R U OK? interactive conversation roleplay videos to help you know what to say after 'are you OK?'</p>	<p>The holiday season can be great fun, but it can also be a time of stress for people experiencing financial, family or other challenges. Share R U OK? resources to encourage everyone to support workmates who might be struggling.</p>	<p>Kick off the New Year with connection and conversation activities.</p> <p>Check the R U OK? website for tips and resources you can use all year round.</p>
February 2026	March 2026	April 2026
<p>Plan a Lunch & Learn or Toolbox Talk to build the team's confidence to ask, 'are you OK?'</p> <p>Remind everyone that a conversation could change a life.</p>	<p>This is a good month to engage an R U OK? Community Ambassador or lived experience speaker to share their story and highlight the importance of conversations and connection.</p>	<p>Organise a coffee catchup or a walk and talk with a workmate. Check in with each other and meaningfully connect.</p> <p>The R U OK? Workplace Champions web hub has key messages that can be dropped directly into your organisation's communication channels.</p>
May 2026	June 2026	July 2026
<p>Consider holding your own event or toolbox talk and use the R U OK? conversation cards to encourage meaningful conversations with your workmates.</p> <p>Visit ruok.org.au/events to learn more.</p>	<p>International Men's Health Week is being marked from 15-21 June 2026. Encourage those around you to get involved and ask, 'are you OK?'</p>	<p>Start planning for 2026 R U OK?Day, Thursday 10 September.</p> <p>Visit ruok.org.au for updates.</p> <p>Include R U OK? resources in your email newsletter and encourage everyone to get involved.</p>

Ask
R U OK?® ANY DAY