



PRIME MINISTER  
CANBERRA

## MESSAGE FROM PRIME MINISTER JULIA GILLARD

### **R U OK? DAY - NATIONAL SUICIDE PREVENTION INITIATIVE**

Suicide is a national tragedy that has devastating impacts on individuals, families and communities. Nearly everyone has been touched in a personal way by the tragedy of suicide, be it a friend, a family member, a work colleague or a neighbour, and we always ask ourselves the question: Could we have done more?

This is why I have been inspired by *R U OK? Day* and its simple approach of reaching out and connecting with friends, loved ones and work colleagues who may be struggling.

My vision is of a caring and inclusive society, where everyone can find someone to talk to in times of need. While *R U OK? Day* is just one day in the year, participating in this event will help to build and sustain that kind of society for Australia.

That is why the Government has also committed \$277 million over four years to provide more prevention and intervention services to those at greatest risk of suicide. This package includes a focus on men, who are more likely to die through suicide, and on young people. By helping their resilience and intervening early where there are problems, we can reduce the likelihood of problems later in life.

*R U OK? Day* was only initiated last year, yet so many Australians participated - I am sure that this *R U OK? Day* will be even bigger. I wish all of the organisers and participants the very best for a successful campaign.

The Honourable Julia Gillard MP  
Prime Minister of Australia