



### Summary:

- R U OK? Day

Message feedback



Audience: All staff



Read time: 1 min



For: Information

Dear colleagues,

Today is R U OK? Day, a day to remind us about the importance of looking out for our colleagues to make sure they're okay. We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life's ups and downs.

In preparation for today, STARS staff attended a Conversation Training session yesterday, to learn how to [ask the question, R U OK?](#)



If you weren't able to make the training, you can find out about the four steps on the [R U OK? Day website](#):

- Ask
- Listen

- Encourage action
- Check in



By starting a conversation, you could help that family member, friend or workmate open up.

If you'd like more general information about R U OK? Day and the support services available for staff, please go to the [Metro North Culture, Engagement and Wellbeing extranet page](#).

Take care of yourselves and each other.

Kind Regards

**Dale Dally-Watkins**  
Executive Director  
STARS

**Metro North Health**



We uphold our commitment to health equity through our Values in Action  
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

**Metro North Health's vision**

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.



**Queensland**  
Government

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