Starting conversations that could change lives

You are invited to join us for a coffee on Thursday 15 September to publicly support R U OK?Day.

R U OK?Day is a national day of action which aims to prevent suicide by encouraging all Aussies to connect with friends and loved ones and help stop little problems turning into big ones.

The theme for R U OK?Day is that in the time it takes to have your coffee you can start a conversation that could change a life.

Your participation will help generate awareness and media and give you an opportunity to take time out to connect with a friend.

Principal sponsor:

R U OK? Limited gratefully acknowledges the funding provided by the Australian Government National Suicide Prevention Program.

Location

Gloria Jean’s Coffee Houses
Sydney
501 George Street
Melbourne
382 - 384 Elizabeth Street
Perth
Harbour Town,
Old Markets Site

Date / Time

Thursday 15 September
6.30am – 11.00am

RSVP

Friday 9th September
Call/text Aya
0435 885 568
or email
hello@ruokday.com.au