



Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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TIME TO START A CONVERSATION THAT COULD SAVE A LIFE

Minister for Mental Health and *R U OK? Day* Ambassador Kevin Humphries has called on people throughout NSW to today ask the question that could help save a life: Are you okay?

Mr Humphries said millions of people will today ask the question to mark *R U OK? Day*, a national day of action which aims to prevent suicide by encouraging Australians to connect with one another and help stop little problems turning into big ones.

“Today I want to see everyone throughout NSW, from all backgrounds and walks of life, to ask family, friends and colleagues: ‘Are you OK?’” Mr Humphries said.

“More than 2,100 Australians die by suicide each year and for every person that dies in this tragic way another 30 attempt to end their life. It is a national problem that is greater than it should be because all too often we are afraid to speak about it.

“Reaching out to one another today and starting a conversation is a small way people can help break down the stigma that still surrounds suicide and connecting with those among us who for whatever reason may be at greater risk of suicide.”

R U OK? is an independent, not-for-profit organisation whose purpose is to provide national focus and leadership on suicide prevention by empowering Australians to have open and honest conversations and stay connected with people in their lives.

Mr Humphries will today join fellow *R U OK? Day* Ambassadors such as Hugh Jackman, Simon Baker, Naomi Watts and Libby Trickett in promoting the message that everyone can play a small but significant role in helping people struggling with life.

Mr Humphries said the NSW Government is committed to ensuring people at risk of suicide - as well as their families, friends and carers - are connected with the treatment and support they need.

“Since coming into Government, we have worked with communities right across NSW to turn the tide on this extremely important issue,” Mr Humphries said.

“Through improved understanding, resilience and support, we can make a difference, and I will continue to work with our communities to develop responses based on their unique needs and reduce the number of suicides and attempted suicides in NSW.”