



## **Pru Goward**

Minister for Mental Health

Minister for Medical Research

Assistant Minister for Health

Minister for Women

Minister for the Prevention of Domestic Violence and Sexual Assault

## **MEDIA RELEASE**

Thursday, 10 September 2015

### **TALK, TEXT & TWEET - R U OK?**

Minister for Mental Health Pru Goward marked R U OK? Day and World Suicide Prevention Day today by calling on everyone to check in with their friends and loved ones.

“Suicide is the leading cause of death for Australians under the age of 44,” Ms Goward said.

“Statistics show that almost twice as many people die from suicide as they do in road-related transport deaths.”

“R U OK? is such a simple message, but such an important one. If more people asked this question it could make a real difference.”

“Whether you tweet, text or telephone, just start the conversation and let someone know that help is available and they are not alone.”

This morning Ms Goward joined people from across Australia to take part in the 5th annual Lifeline Australia ‘Out of the Shadows and into the Light’ community walk to show support for those touched by suicide.

“Lifeline offers vital crisis support and suicide prevention services to more than 2,000 callers every day across the country,” Ms Goward said.

“I commend Lifeline on the versatile outreach and support they offer which is particularly important in rural and regional NSW where people may be isolated and far from help.”

The NSW Government has committed \$10.5 million over four years to Lifeline Australia to help them in the important work of saving lives.

To find out more about how you can start a conversation with a mate visit [www.ruok.org.au](http://www.ruok.org.au)

If you or someone you know is in crisis call Lifeline’s 24/7 support line on 13 11 14.