### R U OK? DAY and WORLD SUICIDE PREVENTION DAY

#### CALENDAR OF EVENTS

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<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>NOTES</th>
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| Tuesday 6 September   | SANE on line carers forum: Carers Q & A    | Accessible via all devices - visit the Forums page on the MHACA website | • Join the forum on line from 6:30pm NT time.  
• Moderated by SANE, this forum is an opportunity for carers to discuss personal experiences and help seeking and referral information - including information around bipolar, borderline personality disorder and schizophrenia.  
• SANE’s special guest will be Mental Health Carers NSW  
• Register by visiting the Forums page on the MHACA website                                                                                                                                                                                                                     |
| Thursday 8 September  | R U OK? Day morning tea at MHACA           | MHACA 14 Lindsay Avenue           | • 9:30-10:30am  
• MHACA are hosting a morning tea to inspire that simple but important question “are you ok?”  
• We support the message that R U OK?, a not for profit organisation whose vision is a world where we’re all connected and are protected from suicide, promotes  
• Having conversations that make people feel loved, supported and connected makes a big difference to someone who is depressed, lonely and thinking about suicide  
• When family and friends show tolerance and understanding, it can make it easier for people to speak up, access help if needed, and access it early.  
• Please join us for a cuppa and a chat about how we can connect, communicate and care for someone who is struggling  
• You can RSVP by calling MHACA on 8950 4600 or emailing info@mhaca.org.au.                                                                                                                                                                                                 |
|                       | R U OK? Day at local coffee shops          | Epilogue Page 27 Red Sands RFDS The Goods Watertank YaYe’s | • Purchase your favourite hot drink in an R U OK? Day cup to support this suicide prevention charity                                                                                                                                                                                                                                                                               |
|                       | SANE on line carers forum: How to connect with someone who is unwell | Accessible via all devices - visit the Forums page on the MHACA website | • Join the forum on line from 6:30pm NT time.  
• Moderated by SANE, this forum is an opportunity for carers to discuss how to connect with someone who is unwell.  
• An informative and practical session with a psych nurse, psychiatrist and Lifeline.  
• Register by visiting the Forums page on the MHACA website                                                                                                                                                                                                                                                                 |

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*SANE on line carers forum: How to connect with someone who is unwell*  

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| Friday 9       | World Suicide Prevention Day community event         | Town Council     | • Mental Health Association of Central Australia, headspace, Mental Illness Fellowship Australia (NT), Mental Health Central Australian Health Services, Lifeline Central Australia and NPY Women’s Council with support from the Alice Springs Town Council, are holding a public event to raise awareness of the severity of the problem of suicide, one of the world’s largest public health problems.  
• This occasion is an opportunity to come together as a community to remember all those who have died by suicide, those who struggle with this issue in their daily lives, and all those people who have been bereaved by suicide.  
• The event will include music, speakers, a smoking ceremony, a flower wall memorial and an opportunity for silent remembering.  Light refreshments will be provided.  
• There will also be stalls, displays and information about suicide prevention awareness and the support and services available in Central Australia for those touched by suicide.  
• Please join us in helping to reduce the stigma, taboo and silence that is often associated with the issue of suicide. |
| September      |                                                       | Lawns            |                                                                                                                                       |
| Saturday 10    | Light a Candle to show your support for Suicide      | In your own      | • Saturday 10 September is the official date of World Suicide Prevention Day.  
• The International Association for Suicide Prevention invites you to light a candle near a window at 8pm, to show your support for suicide prevention, to remember a lost loved one, and for the survivors of suicide. |
| September      | Prevention                                            | home             |                                                                                                                                       |

For further information, please contact Anjali Palmer on 08 8950 4600 or 0428 605 674.