



Better Mental
Health Care



Inclusive
Society



Smarter
Economy



R U OK DAY?

'R U OK? Day' is a reminder to for all Australians to ask family, friends and colleagues the question 'Are you ok?' in a meaningful way. This can make the world of difference to those who are struggling.

The *Australian Mental Health Party* supports this initiative, but we also hear from people who live with mental health conditions expressing concerns. Why? The main reason is that people are NOT okay with opening up the about mental health when there are not enough supports available.

'Our Government needs to go beyond raising public awareness and start making a real investment in mental health care'

"When people reach out for help, the system needs to reach back and connect"

Dr Mullings will be available for interview today

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