

PRESS RELEASE
29TH SEPTEMBER 2022

Mental Health Awareness Morning

Unanderra, NSW - With R U OK? Day being earlier this month, we hosted a Mental Health Awareness Morning for our staff. We were able to create an opportunity to discuss mental health, explaining the importance of informal support networks, being aware of those around them, starting a conversation if they show signs of stress and connecting someone to appropriate support – all in the aid of suicide prevention.

The morning was an opportunity to get involved and inspire everyone within the Triple i workplace to learn when and how to have a conversation that could change a life – a family member, friend, or work colleague. By asking the simple question ‘R U OK?’ you can provide the necessary support to someone identified as struggling or in early signs of crisis, breaking down the feelings of isolation.

Our Electrical Construction, Mechanical Construction, and Service and Support teams gathered for an early morning BBQ breakfast and an informative prestart concerning the days topic of ‘R U OK?’ Day. Our Admin, Operational Support, Sales Solutions, and Engineering and Technology Teams gathered at lunch time for pizza and a discussion. The key message at both events is that social connectedness and positive help seeking can assist people in crisis and is a community responsibility.

On behalf of Triple i and its employees a donation was made to the R U OK? Organisation to help prevent suicide and provide resources.

For support and resources visit the R U OK? Day website - <http://www.ruok.org.au>

If you need professional support, please contact your doctor, local health centre or a helpline. Family and friends can also call upon these services for advice and help on how to support someone who is struggling with life.

If you are having suicidal thoughts, please seek assistance by contacting your trusted healthcare professional or calling:

- Lifeline - 13 11 14 (Text Support – 0477 13 11 14)
- Beyond Blue - 1300 22 4636
- Suicide Call Back Service – 1300 659 467
- Headspace (12-25 years) – 1800 650 890

About R U OK?

R U OK? is a harm prevention charity that encourages people to stay connected and have conversations that can help others through challenging times in their lives. Their work focuses on building the motivation, confidence, and skills of the help-giver – the person who can have a meaningful conversation with someone who is struggling with life.

About Triple i

Triple i deliver outcomes for all your control, data, electrical, instrument, and mechanical needs with over thirty-five (35) years of experience. We supply a range of technology-based projects, consultancy, maintenance, and support services in the industrial sector. With over seventy-five (75) skilled employees, Triple i provides the best product and services, with integrated solutions designed for client’s needs.

