

ARTICLE
September 18, 2023

Triple i Asks: R U OK? - Fostering Mental Health Awareness and Support

In our continuing effort to promote mental health awareness and foster a supportive workplace culture, Triple i hosted a series of events in honour of R U OK? Day. This annual event encourages people to connect with their colleagues, friends, and loved ones, asking a simple but vital question: "Are you okay?".

Nolan Street Workshop BBQ Breakfast

The day began with a BBQ breakfast at Triple i's Nolan Street Workshop. These events are regularly organised for the Construction Teams, who often work in challenging and demanding conditions.

Employees enjoy a delicious breakfast while mingling with their colleagues in a relaxed atmosphere. The event aimed to reduce the stigma surrounding mental health issues and remind everyone that it's okay to ask for help when needed.

Waverley Drive Office BBQ Lunch

Later in the day, Triple i continued its commitment to R U OK? Day with a BBQ lunch at their Waverley Drive Office. This event was open to all employees, promoting inclusivity and a sense of community within the company.

The lunch provided a perfect midday break, allowing Triple i's staff to come together, enjoy delicious food, and engage in conversations that extended beyond work-related topics.

Triple i's involvement in R U OK? Day reinforces the company's dedication to creating a supportive and caring workplace. By hosting events like the BBQ breakfast and lunch, they celebrated R U OK? Day yet again, underlying that mental health is a priority for Triple i year-round

About Triple i

Trusted to deliver, Triple i's integrated solutions approach ensures your needs are satisfied, with over thirty-five years of experience. We supply a range of technology-based projects, consultancy, maintenance, and support services to the industrial sector. With over eighty skilled employees, Triple i provides the best product and services, with integrated solutions designed for clients' needs.

