

# RUOK?Arvo:

## Friday November 27, 2009

### Team leader’s meeting guide – for weekly meeting November 16-20

Purpose: to explain the RUOK?Arvo concept and gain commitment to participate.

	Possible Commentary
<b>Introduction</b>	<ul style="list-style-type: none"> <li>The last 2 years have been quite stressful for many people.</li> <li>Medicare rebates for psychological counselling have increased 54% for 2009 over 2008.</li> <li>Volunteer information about your own personal experience eg I know in my circle of friends and family that a few people have been feeling the strain. My brother has just been retrenched, a good friend is being bullied at work, and my sister in law has been depressed for the last 3 months. Sometimes it is hard to know what to do to help.</li> </ul>
<b>Engagement</b>	<ul style="list-style-type: none"> <li>Does anyone else know someone who has been through adversity like losing their job, divorce, losing a loved one, or having depression or anxiety? What is the hardest thing about trying to help someone who is struggling?</li> </ul>
<b>What is RUOK?</b>	<ul style="list-style-type: none"> <li>Our company has chosen to participate in <b>RUOK?Arvo</b> which is next Friday November 27 – it is the workplace initiative of <b>RUOK?Day</b> which is on Sunday November 29.</li> <li>Next Friday afternoon everyone is invited to reach out to someone you care about – either a loved one or a work colleague and ask <b>RUOK?</b></li> <li>The theme is that a conversation could change a life.</li> <li>What do people think about that?</li> </ul>
<b>Awareness</b>	<ul style="list-style-type: none"> <li>You may already have seen advertisements about <b>RUOK</b> on TV, posters on public transport, or stories in the papers.</li> <li>We need to consider if there is anything we would like to do to get into the spirit of things next Friday. Does anyone have any ideas?</li> </ul>
<b>Resources and support</b>	<ul style="list-style-type: none"> <li>The <b>RUOK</b> team have produced some brief resources including “<b>How to ask RUOK? and support guide</b>” and “<b>I’m not OK and support guide</b>” – I’ve had a few printed so we can review them over the next week.</li> <li>There is also the website which has additional resources – <a href="http://www.ruokarvo.com.au">www.ruokarvo.com.au</a></li> <li>There are some posters which need to be printed by the end of the week and placed beside lifts, in bathrooms, and in the tea/lunch room. Would anyone like to volunteer to place these? They can be downloaded from the website.</li> </ul>
<b>Questions</b>	<ul style="list-style-type: none"> <li>Does anyone have any questions?</li> </ul>

	Team Leaders Checklist
Friday November 13	Print hand out resources for next week’s team meeting.
Monday November 23	Ensure posters are placed prominently.
Thursday November 26	Ensure team has resources and support material for <b>RUOK?Arvo</b> and are reminded about theme for tomorrow.
Friday Nov 27 afternoon	<b>RUOK?Arvo</b>