

# MEDIA RELEASE



The Hon **David Hawker** MP  
Federal Member for Wannon



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## A SIMPLE QUESTION TO HELP PREVENT SUICIDE – RU OK?

Federal Member for Wannon, David Hawker, is urging Western Victorians to ask a simple but important question this Sunday: RU OK?

The inaugural RU OK? Day on Sunday 29 November 2009 is a national suicide prevention initiative which encourages people to take the time to have a simple conversation with a friend, workmate or relative and ask them “are you okay?”

“I urge all Western Victorians to take this opportunity to reach out to anyone who might be doing it tough. This day aims to prevent the isolation that plays a part in someone considering, or taking, their own life,” Mr Hawker said.

“Whether it is a relative, friend or a workmate, suicide has become a tragic statistic in the lives of modern Australians. Approximately 2,500 people die each year from suicide, and it’s the biggest killer of men and women aged 15-35.

“More Australians die by suicide than die on our roads each year. We do not talk about it and we do not see on the news the tragedy of suicide, but we do see road deaths almost daily in our local papers and on the news at night,” he said.

Research shows that people who are at risk of suicide can be helped by just having a simple conversation.

“I encourage anyone who may be concerned about someone they know or love to just take some time on Sunday – or any day – to have a chat with them and see if they need any help or support,” Mr Hawker said.

“Just a single conversation can change a life.”

For more information visit [www.ruokday.com.au](http://www.ruokday.com.au).

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