

MEDIA RELEASE

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R U OK? Could save a life

A simple question: are you okay? Might be a lifesaver for someone living with depression or anxiety, just reaching out could have a significant impact, says CEO Ms Barbara Magin

A national day of action has been launched in Australia this year. R U OK? Day on 29 November aims to raise awareness of, and assist in preventing, suicide.

CEO Ms Magin said while the message was simple, the impact of depression and anxiety on the community and its relationship with other health issues was often under-recognised.

She said that general practice has a vital role to play in treating and managing mental illness which can often trigger suicide.

"I would encourage people to visit their General Practitioner (GP) for any mental health issues, not just their physical health. Often there is a link with physical health impacting on mental health and wellbeing and GPs are well equipped to deal with both," said CEO Ms Magin.

The Adelaide Northern Division of General Practice runs a number of mental health programs supporting GPs to deliver good care in Adelaide's North.

The Adelaide Northern Division of General Practice's "Northern Wellbeing" and "Northern Kids Wellbeing" programs provide therapeutic intervention for people with anxiety and/or depression, "Adelaide Northern headspace" assists youth to deal with mental health issues, "Mental Health Shared Care with GPs" enables GPs to refer patients to mental health clinicians easily and offers more patient support.

CEO Ms Magin encouraged the Adelaide Northern community to heed the message of R U OK? Day and to take the time to ask people they care about – R U OK?

For more information on R U OK? Day, visit the website www.ruokday.com.au

For media enquiries please phone.

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