



R U OK DAY

R U OK Presentation

Learn the signs someone might be struggling, how to meaningfully ask R U OK? and where to refer to for help.

 Mon 11 Sept 12.30-1.30pm | Warrawong Library

Breaking Down Barriers Around Mental Health

An interactive session that will raise your awareness about mental health, its stigma, as well as how to seek help.

 Tue 12 Sept 1-2pm | Thirroul Library

Lifeline Talk on Mental Health

Hear about Lifeline's services and learn tips on how speak with loved ones about their mental health.

 Thu 14 Sept 2-3pm | Wollongong Library

FREE. Reserve your spot online or speak with library staff.