



WAYS TO 2020 WELLBEING



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WHY CONNECT

Being connected to others is important for our mental and physical wellbeing. It is important to nurture relationships with people who we are close to you, such as family and friends and to look for ways to connect to others in our community and the wider world. Staying connected can:

- increase our feelings of happiness, security, belonging and self-worth.
- give us a chance to help and support others
- gives us a chance to receive care and support from others.

Every day is a great day to check in and connect with **your family** and friends and ask R U OK? Its OK to not be OK – we all go through tough times. Reaching out to offer support can make a difference. If you are not OK – it's OK to say. Remember, a conversation can change a life!

CLIPS FROM OUR COMMUNITY

- ▶ Student leaders, past students, headspace and CMC staff talk Connect and R U Ok Day.
- ▶ Paw Po and her family ask R U OK?
- ▶ R U OK? Day: How to ask a schoolmate R U OK?
- ▶ There's more to say after "R U OK?"

[WATCH VIDEOS](#)

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GET INVOLVED



Send a virtual or actual postcard, letter or note of gratitude to someone in your world.



Click here to send in your R U OK? Day video or photo by Tuesday 8 September for our video 'It's OK to not be OK' so we can show our support for everyone in our community. We think its super important to get involved!



To find out more check out this video and [If you are videoing on your phone, please make sure you film in landscape \(phone on the side\).](#)

Check our student messages on SIMON each day this week for more activities and competitions from our VCAL students including mask competitions, guess the lolly count and more!

[SIGN UP](#)

TOOLS & RESOURCES



[Click here to find out more about Connecting](#)



[Lifeline 24/7 online and phone counselling support 13 11 14](#)



[headspace/eheadspace](#)



[Kids Helpline](#)



[Beyond Blue](#)



[CMC Wellbeing website](#)

[VISIT WEBSITES](#)

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