

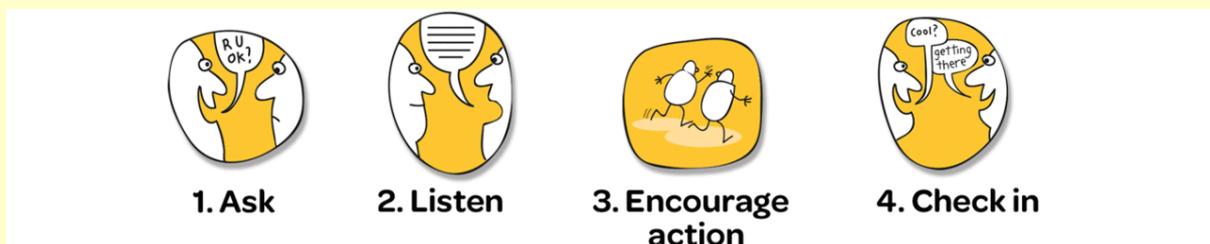
Australian Young Chefs ask RUOK ?



William Angliss Institute Melbourne students ask RUOK

In 1995, Australian sports star Barry Larkin was far from ok. His suicide left family and friends in deep grief and with endless questions. In 2009, his son Gavin Larkin chose to champion just one question to honour his father and to try and protect other families from the pain his endured.

Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert - just a great mate and a good listener. So, if you notice someone who might be struggling - start a conversation



Recently some high profile chefs and talented young cooks have lost their battle with depression in Australia.

Australian Young Chefs clubs, aim to start the conversation, in an extremely demanding industry with challenges such as long hours, alcohol, drugs and anti-social hours.

What is R U OK? About?

R U OK? is an Australian suicide prevention charity. The mission is to inspire and empower everyone to meaningfully connect with the people around them and to support anyone struggling with life

What is R U OK? Day?

A national day of action to remind all Australians of the importance of regularly checking in with our mates, colleagues and family and asking "are you ok?" It's on the second Thursday of every September (in 2017, September 14). Get involved

RUOK web site <https://www.ruok.org.au>



Young chefs Victoria attended the Australian Culinary Federation, Victoria chapter and Les Torques Blanches , Victoria Forum on Mental health wellbeing .

Guest speakers

Josh Jones - ROUK? Ambassador: Founder of #JBNPROJECT (just be nice project)

Dr Jo Mitchell - Director the mind room

Raymond Capaldi- Chef Restaurateur

Cynthia Carter- People and Culture

Dale Lyman

Young Chefs Global Development Team Member for World Chefs