

FNQ SUICIDE PREVENTION WEEK 2022



NAME OF EVENT: COMMUNITY RUOK? WALK

DATE THURSDAY 8th September 2022

TIME: 10 am. Assemble at 10:00 am – Start the walk at 10:15 aM down the esplanade to Cairns City lagoon area finish.

WHERE: Start point opposite the hospital near the big fig tree.

WHAT TO WEAR

**RU OK? T-shirts (LOAN ONLY from Qld Health for the walk. They need to be returned washed.
OR**

Wear a yellow shirt.

Make sure you have on comfortable walking shoes and a hat. Bring some water.

Some people have purchased their own shirts before please wear it on the day even if you cannot attend the walk to promote the day. 😊

REGISTER: your interest by email contact only TRACC.CHHHS@health.qld.gov.au. Send your name, phone number & shirt size (First in best dressed). Peta Curtis and Sue Phillips for collection of shirt in your size.

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FNQ Suicide Prevention Week is an initiative of the FNQ Suicide Prevention Taskforce