

Visual Story

R U OK? Event





About this visual story

This visual story has been created to support people attending the R U OK? event on Saturday 5 September 2026, 10am to 12pm.

It explains what to expect during the event and helps people feel prepared and comfortable before attending.



About R U OK?

R U OK? is a national campaign that encourages people to check in with others by asking, "Are you OK?"

Sometimes people are having a hard time and may need support.

Asking someone if they are OK can help them feel supported, connected and remind them they are not alone.



Venue

This event will be held at the Dudley Park Child and Parent Centre. The address is Kooljack Street in Dudley Park.

The centre is surrounded by grassy areas with a playground and pathways to the, and around, the building.



Parking

The Child Parent Centre does not have ACROD parking.

A temporary ACROD parking sign will be installed close to the entrance.

There is a level pathway to the event.

General free parking is available in the carpark in front of the building.



Everyone is welcome

This free event is open to everyone in the community.

People of all ages are welcome to attend. People can come on their own, with family, friends, a support person or as part of a group.

The event is an opportunity to learn more about mental health and wellbeing, connect with local services and supports, and enjoy a range of activities.



Activities at the event

There will be lots of things to see and do at the event. People can choose the activities they would like to take part in and explore the event at their own pace.

- Information stalls about mental health and wellbeing
- Farm animals
- Craft activities
- Places to sit, relax and take a break.



Food at the event

There will be a free sausage sizzle and free cupcakes to enjoy.

There may be a short wait to collect food, especially during busy times.

The barbecue may have strong cooking smells.



Toilets

The centre has toilets, including a Universal Access Toilet with a grab rail on the left side wall of the toilet.



Relax and recharge

A quieter space with seating will be available inside the centre for anyone who would like a break from the main event area.

Tea and coffee will also be available inside the centre.



Enjoy the event

The event brings people together to learn about mental health and wellbeing, connect with local services and supports, take part in activities and enjoy some food with others.

It is hoped everyone has a positive and enjoyable experience at the event.

For more information email:
healthycommunities@mandurah.wa.gov.au

Contact

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