On September 14, students from Cafe 17, Marian College Ararat were involved in “R U OK?” Day. Cafe 17 sold hot chocolates to students on “R U OK?” Day to create conversation about wellbeing and mental health.

We aimed to raise awareness about mental health by having conversations with the students that came to buy a hot chocolate. We began serving the students at 10.40am and finished at 11.10am and we sold around one hundred hot chocolates. To advertise the event, posters were designed and hung all around the school. We also put information about the event onto the school notices.

During the morning we took photos of the Cafe 17 students making the hot chocolates so that we could report on the event for Personal Development Skills for VCAL. A big thanks to Bron for making the complimentary muffins. There were three fantastic flavours to choose from - chocolate, jersey caramel and banana. The muffins were a big hit. “R U OK?” Day was a youthful and creative way to prompt conversations about mental health and wellbeing. We expressed the importance of asking peers if they are okay regularly and also created an environment within the school where it is okay to talk about troubles we may be experiencing.

Chelsea Skewes