

R U OK? Day

BAMS

8.9.2022



BAMS hosted a morning tea for community members to interact and have general conversations around mental health.

This topic is not often talked about but staff were very relaxed, which allowed everyone to feel at ease and opened the lines of communication.





While community members had a cuppa and cake staff were chatting with them to see how they were doing.

There was minimal attendance due to the rainy weather but those that did attend enjoyed themselves.