



**If you're worried about someone
start by asking "Are you OK?"**

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling
this way for a while?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to
be your usual self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

**Learn what to say at ruok.org.au
A conversation could change a life**



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RUOK? DAY™

10 September 2020

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THERE'S
MORE TO SAY
AFTER
RU OK?TM



Ask R U OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?



Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



Encourage action

Have you spoken to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



Check in

Just wanted to check in and see how you're doing?

Have things improved or changed since we last spoke?

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