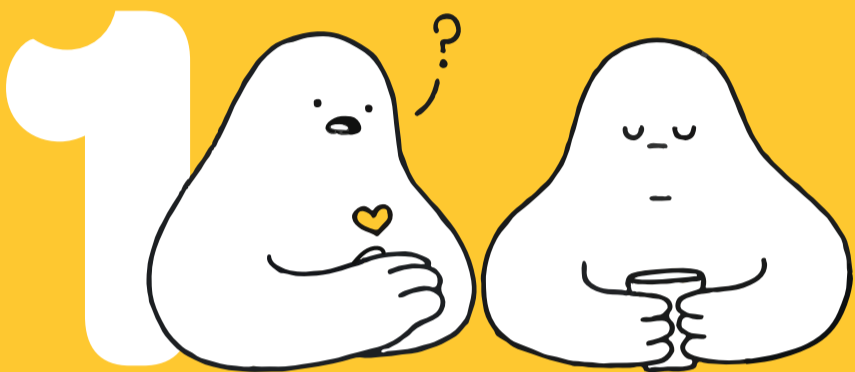


Ask

RUOK?™

Have a conversation using these 4 steps



How are you travelling?

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

Ask R U OK?



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

Have you been feeling this way for a while?

Listen



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

Have you spoken to your doctor about this?

Encourage action



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

Have things improved for you since we last spoke?

Check in

Learn more at ruok.org.au

Make staying connected and asking R U OK? part of your everyday

Start by asking, 'are you OK?'

No, I'm not OK.

Yes, I'm fine.

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."

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?"

"Have you thought about seeing your doctor?"

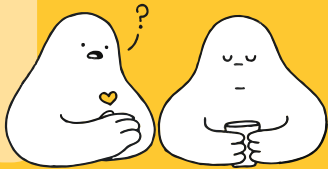
"What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

Start a conversation using these 4 steps

1



Ask
R U OK?

2



Listen

3



Encourage
action

4



Check in

Find tips at ruok.org.au

Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

You can find support by contacting your local doctor or one of these crisis lines available 24/7.

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 224 636

beyondblue.org.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au

Mensline

1300 789 978

mensline.org.au

Local services

More contacts: ruok.org.au/findhelp