

R U OK? Day



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R U OK? is an organisation that focuses on mental health.

They support a day each year called R U OK? Day



This year R U OK? Day is on Thursday 14 September.



This day is a reminder to ask people if they are OK.



But you can ask someone if they are OK on any day not just this day.



We spend a lot of time with family, friends, workmates and team mates.



Which means sometimes we might notice that they are behaving differently.



They might be struggling with something and need some extra support.



There could be changes in what they are saying or doing.



You might notice that they are more sad or angry than normal.



You might notice they look tired or have less energy.



They could also seem quiet and not want to be around people.



If you notice any of these changes in someone you care about you can ask them “Are you OK?”



There are other ways to ask someone if they are OK, like

“How are you doing?”

and

“What’s going on in your world?”



It is good to ask them in a place where you both feel comfortable together.



You can go for a walk in the park, grab a coffee, or have a quiet night in together.



Be patient when you are talking to someone about how they are feeling.



After you have had a chat to someone about how they are feeling check in with them again soon.



Sometimes you might not feel comfortable asking someone if they are OK.



You can tell a person you trust so they can talk to them instead.



Together you can work out the best way to help someone who might be struggling.