

ASK

RUOK?™

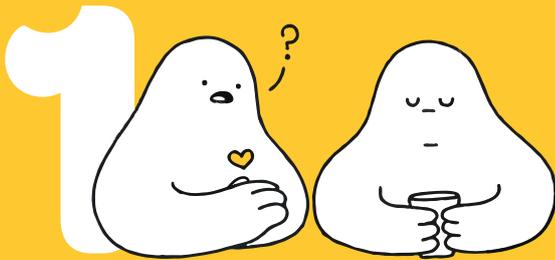
ANY DAY

A conversation could change a life.

[ruok.org.au](http://ruok.org.au)

# Ask RUOK?™ ANY DAY

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 might help you?

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 our last chat?

**Check in**



Learn more at [ruok.org.au](http://ruok.org.au)

# How to stay connected and ask R U OK? any day

**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."

# Conversation tips

# ASK RUOK?™ ANY DAY

Be prepared for the conversation



Ensure you have enough time



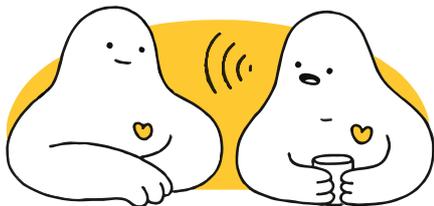
Find a private, quiet place to chat

I've noticed that...

Share what you've noticed in a non-judgemental way



Remove distractions



Be present and actively listen



Embrace any silences

Is there something I can do to help?

Let them know you want to support them



Talk through ideas of what they could do to manage the situation



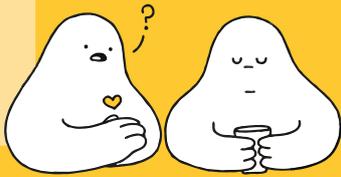
Check in regularly so they know you care

# Ask R U OK?™ ANY DAY

## The 4 steps of an R U OK? Conversation

1

Ask R U OK?



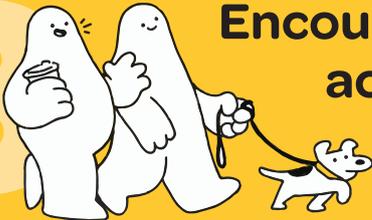
2

Listen



3

Encourage  
action



4

Check in



Find tips at [ruok.org.au](http://ruok.org.au)

## Useful contacts

**If you are concerned for your safety or the safety of others,  
seek immediate assistance by calling Triple Zero (000).**

You can also seek support from your doctor or one of these support services (24/7).

### Lifeline

13 11 14

[lifeline.org.au](http://lifeline.org.au)

### Beyond Blue

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

### Suicide Call Back Service

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

### Other useful contacts

More contacts: [ruok.org.au/findhelp](http://ruok.org.au/findhelp)

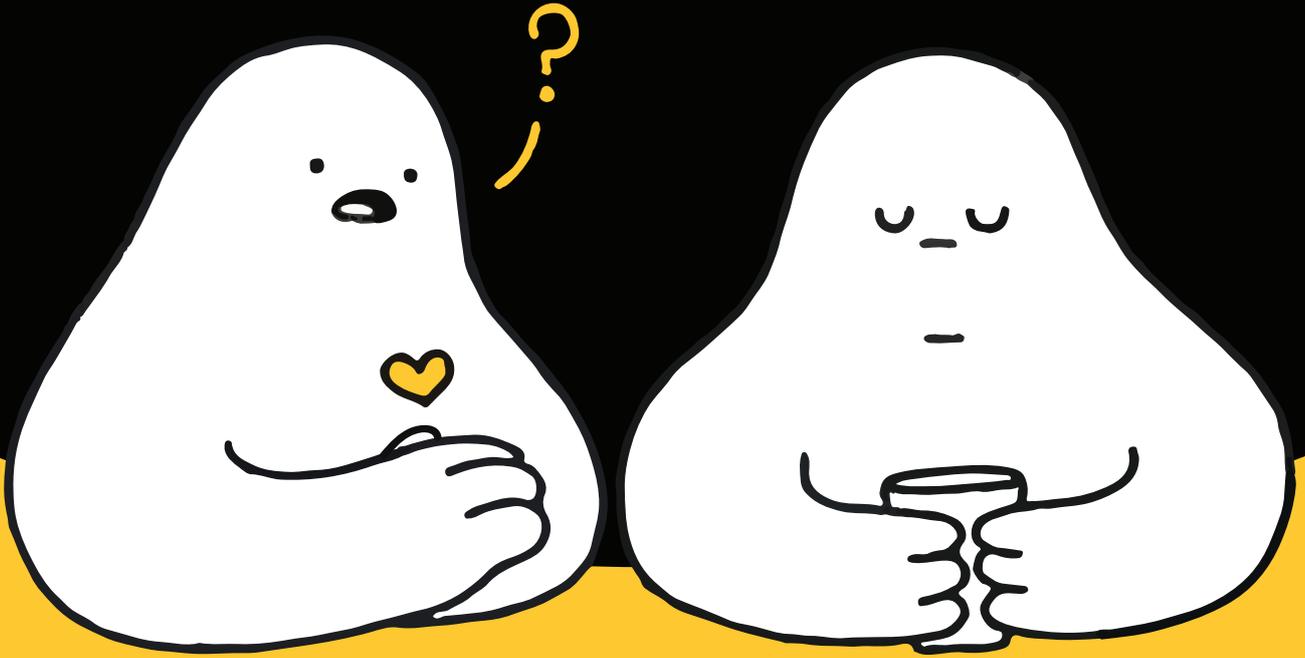
Life is  
every day.

Ask

RUOK?™

ANY DAY

[ruok.org.au](http://ruok.org.au)



Monday through Sunday,  
January to December

ASK

RUOK?™

ANY DAY



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