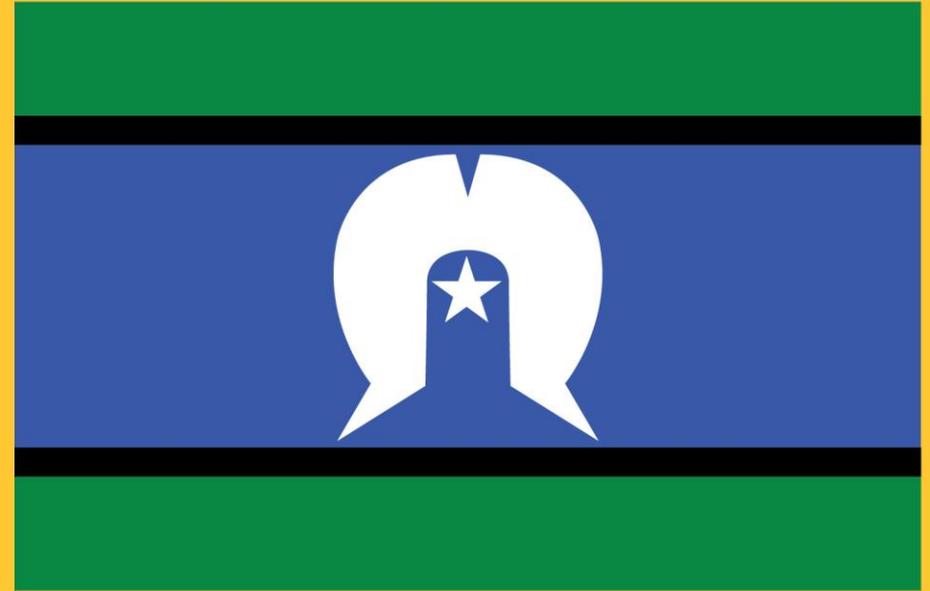


RUOK?TM

A conversation could change a life.

Acknowledgement of Country



*In the time it takes to have a cuppa,
you could start a conversation that
could change a life.'*

Gavin Larkin, R U OK? Founder



Life happens every day

59%

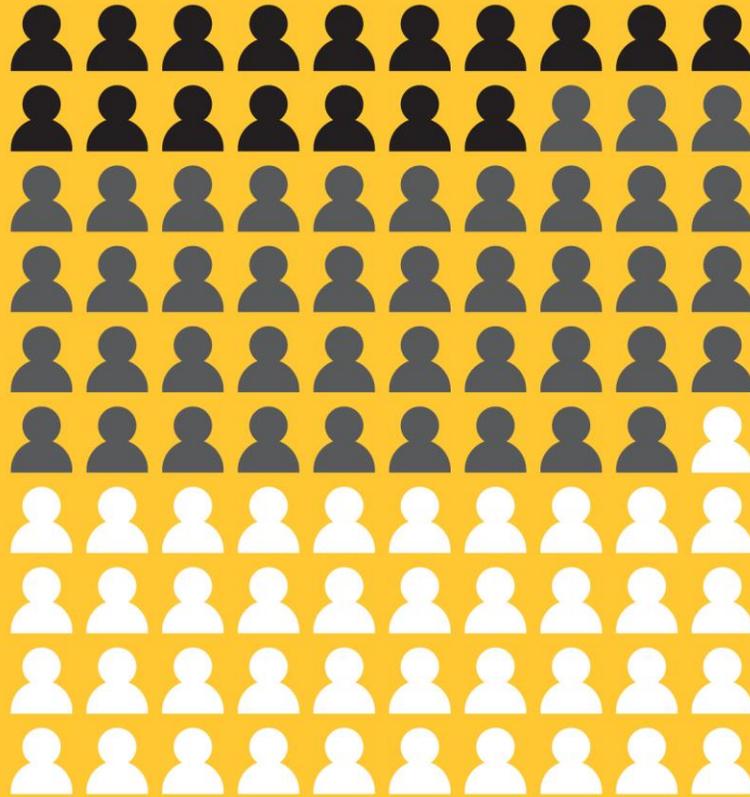
of Australians
experience at least one
personal stressor in the
course of a year.



Life happens every day

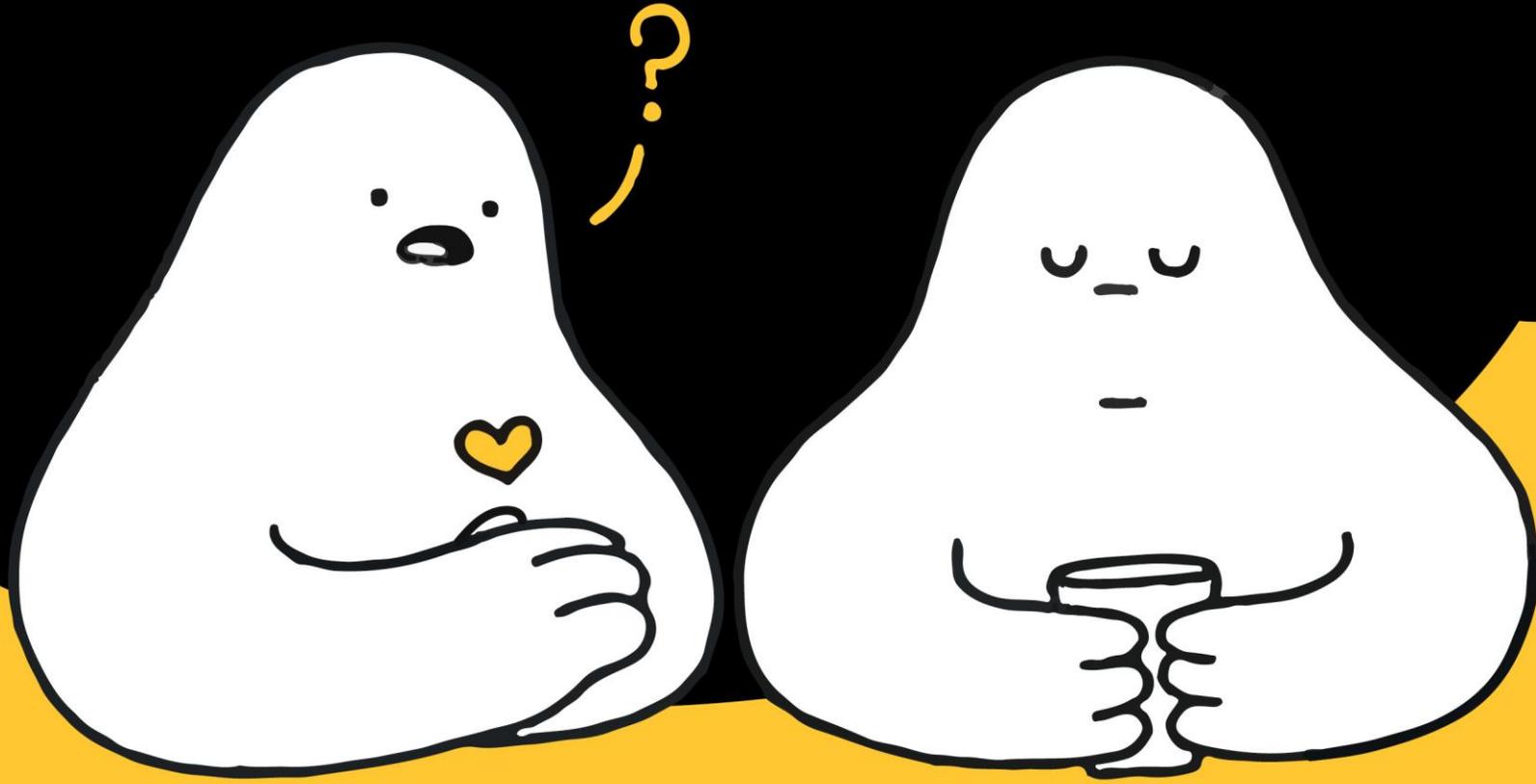
59%

of Australians
experience at least one
personal stressor in the
course of a year.



17%

experience high
or very high levels of
psychological distress.



**Ask early.
Ask often.**

When people are regularly asked, 'are you OK?', they're more likely to feel...

Grateful

Relieved

Connected

Heard

Better able
to manage

Understood

Supported

ASK

RUOK?™

ANY DAY



RUOK?TM
A conversation could change a life.

How to have an R U OK? conversation



What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

Am I ready?



Am I prepared?



**Is this the
right time
and place?**



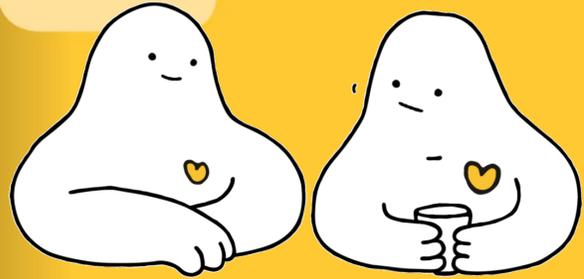
4 steps of an R U OK? conversation

A



Ask R U OK?

L



Listen

E



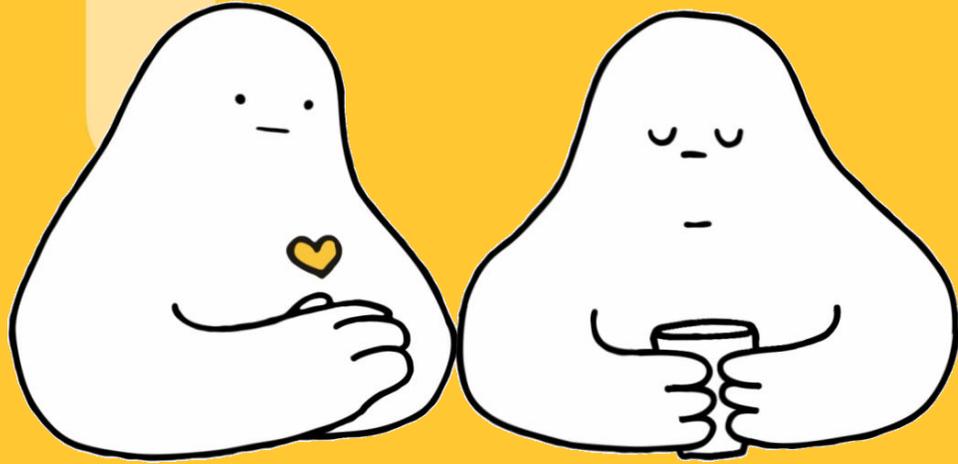
**Encourage
action**

C



Check in

1



Ask R U OK?

How are
you doing?

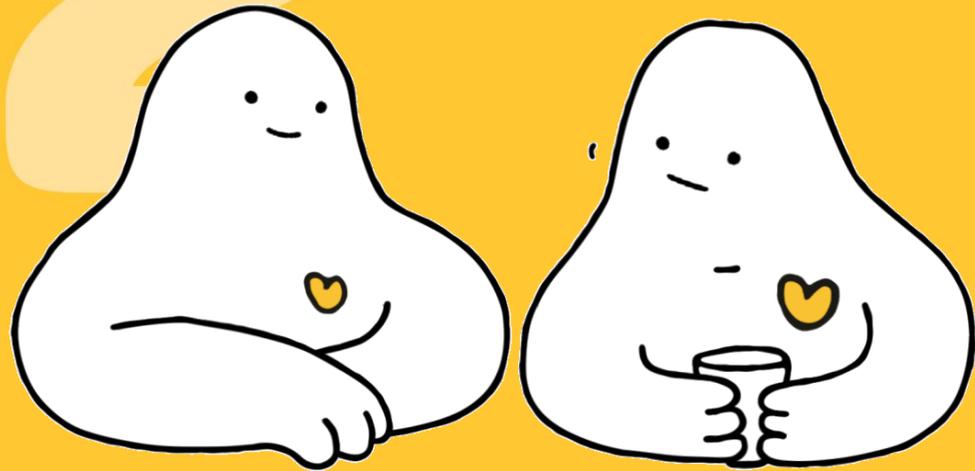
Is there
something on
your mind?

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

I know things have
been hard lately. How
are you feeling?

RUOK?TM

A conversation could change a life.



Listen

I'm here to listen

Take your time

Tell me more about...

How does that make you feel?



Encourage action

What do you think
is a first step that
might help you?

What has helped
you with this in
the past?

Have you spoken
to your doctor
about this?

How can I
support you?

Useful contacts

Lifeline (24/7)

13 11 14

lifeline.org.au

Mensline

1300 78 99 78

mensline.org.au

QLife

1800 184 527

qlife.org.au

National Debt Helpline

1800 007 007

ndh.org.au

13 YARN (24/7)

13 92 76

13yarn.org.au

headspace

1800 650 890

headspace.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

1800RESPECT (24/7)

1800 737 732

1800respect.org.au

Kids Helpline (24/7)

1800 55 1800

kidshelpline.com.au

Head to Health

1800 595 212

headtohealth.gov.au

Open Arms (24/7)

1800 011 046

openarms.gov.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.org.au

4



Check in

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

Have things improved for you since our last chat?

Is there anything you wanted to chat further about?

Have you taken those first steps?

RUOK?TM

A conversation could change a life.

Resources to download and share

Ask R U OK? ANY DAY
Have a conversation using these 4 steps

- 1 Ask R U OK?**
How are you travelling? You don't seem your self family - want to talk about it?
- 2 Listen**
I'm here to listen if you want to talk more. Have you been feeling like this for a while?
- 3 Encourage action**
What do you think is a first step that might help you? Have you spoken to your doctor about this?
- 4 Check in**
Just wanted to check in and see how you're doing? Have things improved for you since our last chat?

Learn more at ruok.org.au

Ask R U OK? ANY DAY

Ask R U OK? ANY DAY

R U OK?™
A conversation could change a life.

Click here to get started →

Your interactive guide to supporting R U OK?

Conversation Guide

R U OK?™
A conversation could change a life.

ruok.org.au

Who will you

Ask?

RUOK?TM
A conversation could change a life.