

ASK

R U OK?TM

ANY DAY

**Your R U OK? 2024
Presentation Guide**

Learn when and how to ask
at ruok.org.au

R U OK?TM

A conversation could change a life.

Giving a presentation to share the message:

Ask R U OK? Any Day

This document will help you deliver an effective R U OK? presentation using our PowerPoint template.

We suggest you take some time to prepare, so you feel comfortable and can enjoy the experience of presenting.

Presentation tips

- Smile and make eye contact with people in the audience
- Look at the audience more than your notes
- Talk from the heart
- Know the content because that will help your confidence
- Avoid speaking too quickly (writing SLOW DOWN on your notes can help)
- If presenting online it's OK to pause. People may need some time to write questions or digest what you've shared.
- Always remember people want to listen to what you have to say because the message you are sharing matters to them.
- Ensure safe language is used throughout the event – please refer to the Mindframe guidelines at mindframe.org.au
- For more information on how to create a safe environment, see the R U OK? Duty of Care webpage ruok.org.au/duty-of-care



Presentation structure

- 1 Engage people:** Describe a time when someone asked you at work, 'are you OK?', and it made a difference (1-2 minutes)
- 2 Connect:** Introduce yourself with some background about who you are, why you are presenting and why you are supporting R U OK? (1 minute)
- 3 Tell people why they are here:** In your own words, explain that by the end of the presentation you want everyone in the audience to know they can make a difference by reaching out, asking, 'are you OK?' and lending support to someone in their world who might be struggling with life (1 minute)
- 4 Explain there's more to say after R U OK?:** Using the PowerPoint slides go through the steps of when and how to have an R U OK? conversation. Rehearsing with the slides before your presentation can help you feel comfortable and confident. This guide also has some additional content you might want to include in your presentation. Try and put things in your own words, as it will make it more authentic
- 5 Thank people** and ask them to go out and ask, 'are you OK?'.

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Presentation Speaking Notes



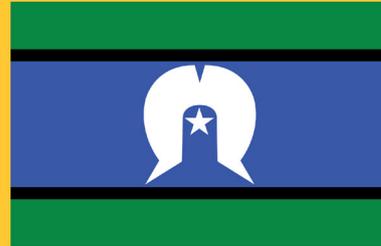
Slide 1

- Start the presentation by introducing yourself.

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Acknowledgement of Country



Slide 2

○ Acknowledgement of Country

I acknowledge the Traditional Owners of the land on which we are meeting today and pay my respect to Elders past, present and future.

○ Acknowledge lived experience

I'd also like to acknowledge those with lived experience of mental ill-health or suicide. This can bring up tough emotions for people so it's OK to excuse yourself at any time.

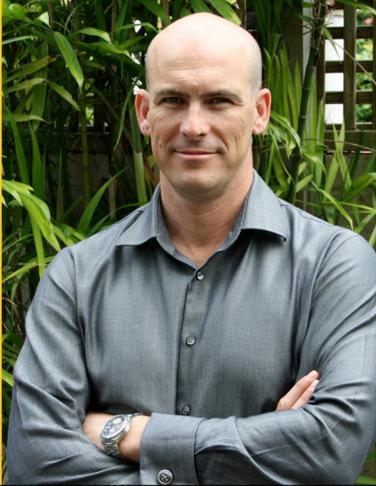
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'In the time it takes to have a cuppa, you could start a conversation that could change a life.'

Gavin Larkin, R U OK? Founder



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A conversation could change a life.

Slide 3

- The late Gavin Larkin started R U OK? in 2009, hoping to protect others from experiencing the pain his family felt when his father died by suicide.
- He believed that 'in the time it takes to have a cuppa, you could start a conversation that could change a life'.
- This belief that is backed by academic research that found that feelings of connection and belonging are a protective factor against suicide.

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Presentation Speaking Notes

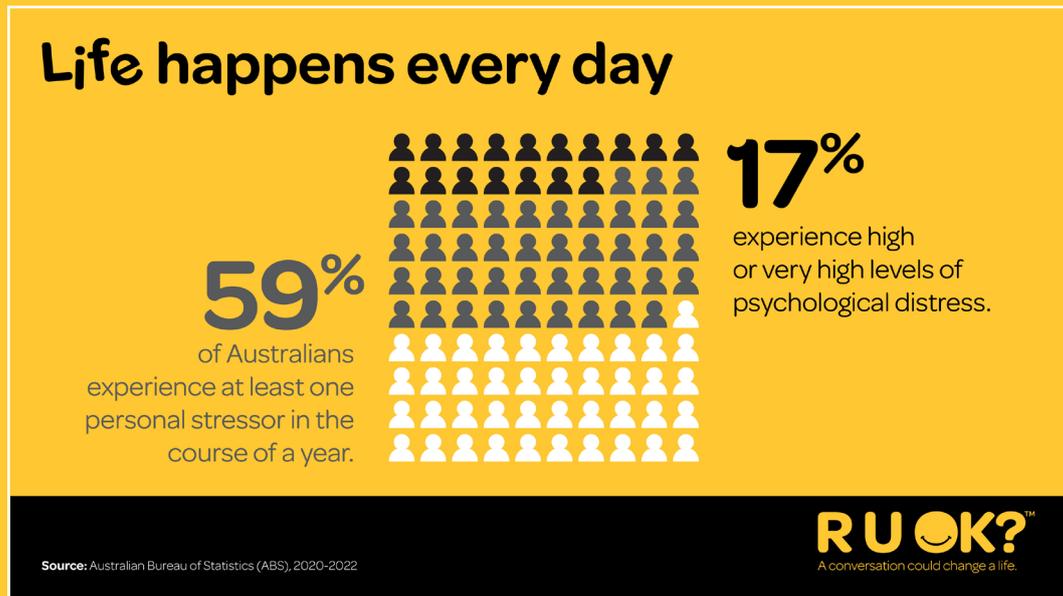


Slide 4

- These conversations are important because life happens every day.
- It's estimated more than half of Australians experience at least one personal stressor in the course of a year...

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... and around two in five people are experiencing high or very high levels of distress.

- This might be because of things like:
 - Relationship breakdowns
 - Financial stress
 - Illness or injury
 - Work stress
 - Mental ill-health
 - Becoming a parent or family challenges
 - Grief and loss
- Whether it's your friend, family member, colleague, partner or teammate... the people you care about go through life's ups and downs every day.

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Slide 6

- This is why it's important to have regular R U OK? conversations with the people you care about.
- That way you're providing opportunities for them to open up and share what's going on in their life.
- When they trust you and feel comfortable they'll know they can talk you whenever they need to and you can help them prevent little things from becoming big things.

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

Source: R U OK? Quarterly Tracker, Verian (June 2024)

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- How do conversations make a difference? People who are regularly asked, 'are you OK?' are more likely to feel:
 - Grateful
 - Connected
 - Relieved
 - Heard
 - Understood
 - Supported
 - Better able to manage their situation
- You don't need to solve what's going on for them. Sometimes just being there to genuinely listen and show you care might be all they need.

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Slide 8

- That's why R U OK? is calling on all of us to: Ask R U OK? Any Day

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Slide 9

- Play this short video explaining the 'Ask R U OK? Any Day' message.
- You can find the video here: <https://vimeo.com/977187614/38dfbcc58e>

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Slide 10

- Now we're going to talk through the steps of an R U OK? conversation.

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- So when should you ask R U OK?
- Whenever you notice a change in what someone's saying or doing or if you know there are things happening in their life that might be putting them under pressure or causing stress.

OPTIONAL AUDIENCE ENGAGEMENT QUESTION

- What are some examples of signs that could indicate someone needs your support?

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- Before you can support someone else, you need to make sure you're in the right headspace. If you don't feel ready or think you're not the best person for the conversation then try to think of someone else in their support network who could talk to them.

- To help you decide whether you're ready to start a meaningful conversation, ask yourself:

Are you ready?

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Have you set aside the time you might need for the conversation?

Are you prepared?

- Remember that you won't have all the answers (and that's OK).
- It can be difficult for people to talk about personal struggles, and they might be emotional, embarrassed or upset.
- Have you chosen the right time and place?
- Have you chosen somewhere relatively private and where you'll both be comfortable to chat?

Is this time convenient for them?

- If they don't have time when you first approach them, arrange another time for the conversation. It might be more comfortable for the person to be side-by-side with you (e.g. walking together or sitting in the car) rather than face-to-face.

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R U OK? have developed a 4 step model for a meaningful conversation. The acronym ALEC is a great way to remember these steps:

- **A**sk R U OK?
- **L**isten
- **E**ncourage Action
- **C**heck in

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- Step 1 is 'Ask R U OK?'.
- Start the conversation at a time and in a place where you'll both be comfortable to chat.
- Be relaxed and friendly in your approach. Think about how you can ease into the conversation.
- Ask R U OK? in a way that feels natural to you and your relationship with the other person. See some examples of how to ask on the slide.
- You can start by letting them know you've noticed a change. You could say something like:
 - "I've noticed a few changes in what you've been saying/doing. How are things going for you?"
 - "I know there's been some big life changes for you recently, how are you managing?" OR
 - "You don't seem yourself lately - want to talk about it?"
- If they don't want to talk, let them know you'll be there when they are ready or ask them if there's someone else they'd be more comfortable chatting to.

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- Step 2 is 'Listen'.
- It's important you genuinely listen with an open mind and without judgment.
- It can be tempting to jump in and try to push someone's worries away or offer a 'quick fix', but it's best to avoid rushing the conversation.
- Also don't be afraid to sit in silence and give the person some space and quiet so they can find the words to express what they're going through.
- Acknowledge what they're going through.
- You could say:
 - "I'm here to listen if you want to talk more"
 - "How are you feeling about that?" OR
 - "I'm not going to pretend I know what it's like for you, but I'm here to listen to why you feel the way you do."
- It can be really hard to hear that someone is in pain or struggling – but try and sit with the discomfort and remind yourself that your support can be crucial.

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- Step 3 is 'Encourage action'.
- Once they've shared what they're going through, you might suggest to them that they think about one small step they might be able to take to improve their situation.
- You don't have to have the answers or be able to offer professional health advice, but you can help them consider the next steps and actions they can take to manage their situation.
- Some good options might include talking to family or a trusted friend.
- If they've been feeling this way for a while, they might need to see their doctor or an appropriate health professional.
- You could say:
 - "What do you think is a first step that would help you through this?"
 - "What can I do right now to support you?"
 - "Have you spoken to your doctor or a health professional about this? It might be a matter of finding the right fit with someone." OR
 - "What's something you enjoy doing? Making time for that can really help."

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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

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- If at any time you feel overwhelmed please talk to someone you trust like a doctor, family member or friend.
- If someone needs immediate support these are some useful contacts for Australian services that are available nationally and can provide emotional and crisis support.
- These services can also provide you with guidance to support someone else.
- If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

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- After the conversation it's important you stay connected and keep checking in. Make a joint decision to get back in touch so you can see how they're going. Your ongoing care and support can make a difference.
- When you check in you could:
 - Lock in a regular catch up and one-on-one time.
 - Ask them about activities they like to do and help them make plans to do them or arrange to do them together.
 - Organise group catch-ups to help them connect with others.
- When you check in you could say:
 - “Just wanted to check in and see how you're doing?”
 - “Have things improved or changed since we last spoke?”
 - “What's been working for you since we last chatted?”
 - “Do you need more support?”

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Resources to download and share



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- If you want more information and conversation tips, including interactive activities you can access these FREE resources at ruok.org.au

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Slide 20

- Thank you for your time today.
- I'd encourage you to think about who you can regularly check in with and ask R U OK? Any Day.

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ruok.org.au