

Staff talking Points

R U OK? Day:

How to ask someone 'Are you OK?'

These talking points are to support your conversations with people in understanding this Easy Read:

- Easy Read – [R U OK? Day: How to ask someone 'Are you OK?'](#)

It may be helpful to have the Easy Read document accessible during your conversations.

You can read these talking points word for word, directly to the people you are speaking to. When we say 'you' we are referring to people we support.

What is R U OK? Day?

- **R U OK? Day** is a special day every year to remind us to check in with each other and ask, "Are you okay?"
- It's important because it helps people who might be feeling sad or upset know that they are not alone.

Why should you ask, "Are you okay?"

- Someone you care about might sometimes feel sad, angry, or tired.
- Asking "Are you okay?" can help them feel better and let them know that you are there for them.

When should you ask, "Are you okay?"

- You can ask someone anytime if they are okay, not just on R U OK? Day.
- It's a good idea to ask if you notice they are behaving differently, like being quiet or not wanting to be around people.

How to ask, "Are you okay?"

- You can simply say, "Are you okay?" or ask in other ways like "How are you doing?" or "What's going on in your world?"
- Choose a place where both of you feel comfortable, like during a walk, over coffee, or while spending quiet time together.

What to do after asking, “Are you okay?”

- Be patient and listen carefully to what they say.
- Check in with them again later to see how they are feeling.
- If you’re unsure how to help, you can ask someone you trust to help you or talk to them instead.
- It’s okay to ask for help from a friend, family member, or support person if you’re not sure how to ask someone if they are OK.