



**Ask them
today**

RU  OK?™

A conversation could change a life.

Learn how to ask at ruok.org.au

really
Are they OK?

**Ask them
today**

**Make a moment
meaningful and
ask R U OK?**

Find time to ask them how they're really going:

- On breaks from work or study.
- When exercising together.
- When connecting or doing activities together online.
- When you're spending time together socially.
- When you're doing an activity side-by-side.
- When you're sharing a meal.
- When you're travelling together, even a short trip can be a good time to talk.
- Whenever you're spending quality time together.

**Remember to stay connected and make asking
"are you OK?" part of your everyday**

Find more tips
at [ruok.org.au](https://www.ruok.org.au)

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**Have a conversation
using these 4 steps**



1. Ask R U OK?

How are you
travelling?

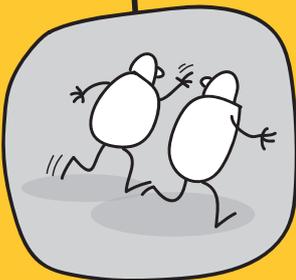
You don't
seem yourself
lately – want to
talk about it?



**2. Listen with
an open mind**

I'm here to listen
if you want to
talk more.

Have you been
feeling this way
for a while?



**3. Encourage
action**

Have you spoken
to your doctor
about this?

What do you think
is a first step that
would help you
through this?



4. Check in

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

Have things
improved for you
since we last spoke?

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**Make staying connected
and asking R U OK?
part of your everyday.**

Start by asking "Are you OK?"

No, I'm not OK.

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."

Yes, I'm fine.

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?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

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