

Ask

RU OK?™

No qualifications needed

Have a conversation using these 4 steps



1. Ask R U OK?

How are you travelling?

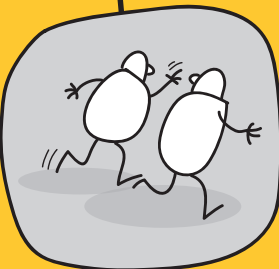
You don't seem yourself lately – want to talk about it?



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?

Learn more at ruok.org.au