

# Ask your mob, your way, RU OK?

“If the people  
around me need help  
or support I ask  
'What now?',  
'You right?' or  
'Whattem happening?'  
It's really important  
to make sure we check  
in on our people.”

**Emma**

Yamatji, Martu



**STRONGER  
TOGETHER**

[ruok.org.au/strongertogether](http://ruok.org.au/strongertogether)

**RU OK?**<sup>™</sup>

A conversation could change a life.