

To help us build an R U OK? Culture please complete the short survey below.

To what extent do you agree or disagree with the following: (Please circle)

I can recognise the signs someone might be struggling with life

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

I am confident I know how to have a conversation with someone who might be struggling

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

I know how to help a teammate if they tell me they are struggling with life

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

When I am playing/competing, training or participating in other activities related to my sport, I have a sense of connection and feel I belong

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

My coach genuinely cares about my wellbeing

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

My sporting team/community promotes a positive environment

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree

The people in my team/sporting community encourage and support each other

1	2	3	4	5	6	7
Strongly disagree	Moderately disagree	Disagree a little	Neither agree nor disagree	Agree a little	Moderately agree	Strongly agree