

**Worried about
someone? Start
by asking....**

**Hey Sport,
R U OK?**TM

or something like this:

"How you travelling?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"How long has that
been the case?"

"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 your old 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 a professional?"

Make time to check in:

"Let's chat again next week."

A conversation could change a life. Ask R U OK?

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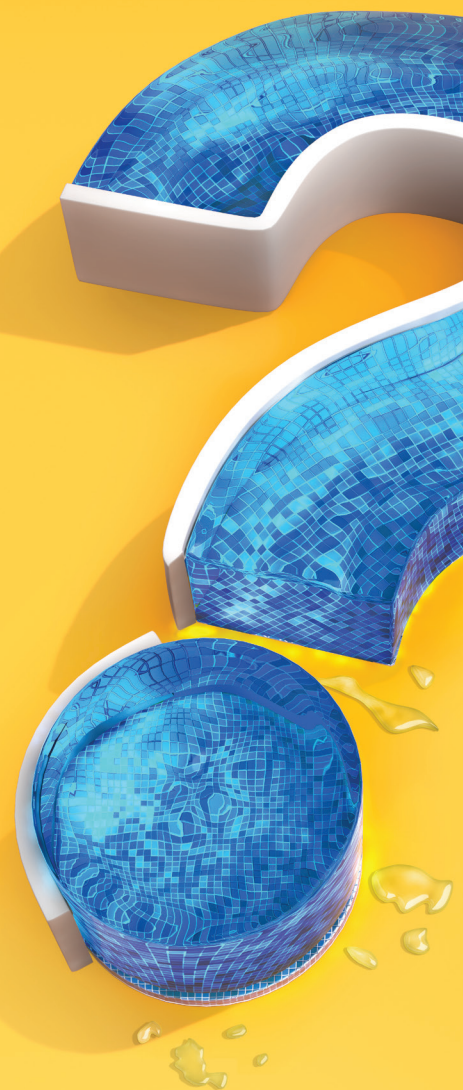
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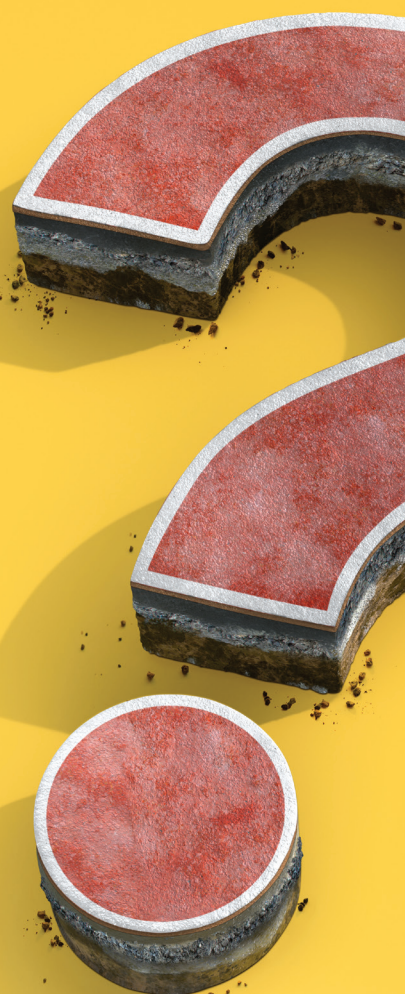
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