

# When to ask Hey Sport, R U OK?

## WHAT ARE THEY SAYING?

### Do they sound:

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

## WHAT ARE THEY DOING

### Are they:

- Experiencing mood swings
- Dismissive or defensive
- Self-medicating
- Becoming withdrawn
- Not training or competing in the way you would normally expect
- Changing their online behaviour
- Behaving recklessly
- Unable to concentrate
- Losing interest in what they used to love
- Less interested in their appearance and personal hygiene
- Changing their sleep patterns
- Changing their appearance

## WHAT'S GOING ON IN THEIR LIFE

### Have they experienced:

- A traumatic incident
- A change in work circumstances or job responsibilities
- Issues at school
- Increased pressure from relocation or changed living arrangements
- Conflict at work, at home or at training
- Relationship issues
- Becoming a parent
- Major health issues or an injury
- Constant stress
- Financial difficulty
- Loss of someone or something they care about



Hey Sport,  
**R U OK?**<sup>TM</sup>

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

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

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