

Start a conversation using these 4 steps

1



**Ask
RU OK?**

2



Listen

3



**Encourage
action**

4



Check in

Find tips at ruok.org.au

Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

You can find support by contacting your local doctor or one of these crisis lines available 24/7.

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 224 636

beyondblue.org.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au

Mensline

1300 789 978

mensline.org.au

Local services

More contacts: ruok.org.au/findhelp