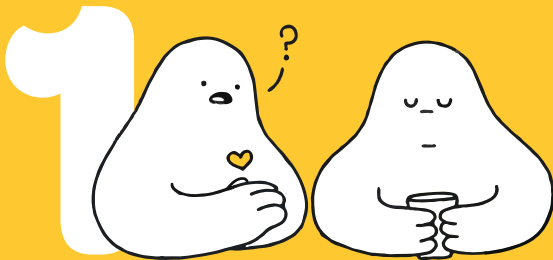


Ask RUOK?® ANY DAY

Have a conversation using these 4 steps



How are you travelling?

You don't seem yourself lately - want to talk about it?

Ask R U OK?



I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Listen



What do you think is a first step that might help you?

Have you spoken to your doctor about this?

Encourage action



Just wanted to check in and see how you're doing?

Have things improved for you since our last chat?

Check in



Learn more at ruok.org.au