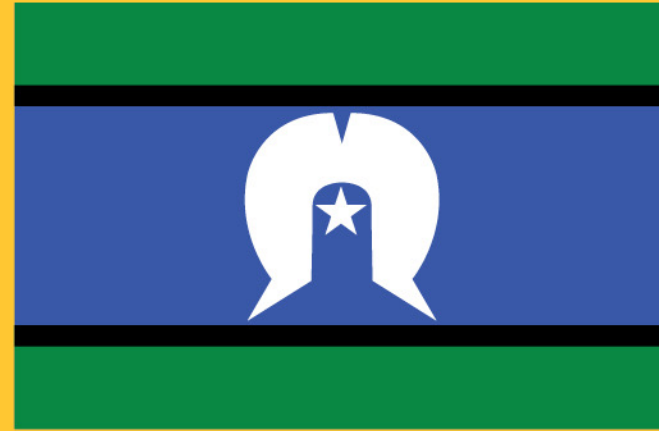




**RUOK?**<sup>TM</sup>

A conversation could change a life.

# Acknowledgement of Country



**If today's talk brings up tough emotions for you  
it's OK to excuse yourself.**

**If you need support contact Lifeline on 13 11 14**

# What is R U OK?

R U OK? is a harm prevention charity that encourages people to **stay connected and have conversations** that can help others through difficult times in their lives.



**RUOK?**<sup>TM</sup>

A conversation could change a life.



# Mental health in Australia



**1 in 6**

Australians have experienced suicidal thoughts or behaviours in their lifetime



**1 in 2**

Australians have experienced a mental health condition in their lifetime



**1 in 5**

people aged 16 to 34 reported high or very high levels of psychological distress



**Almost  
2 in 5**

people have been close to someone who had taken or attempted to take their own life

**Source:** Australian Bureau of Statistics, Census (December 2021) and National Study of Mental Health and Wellbeing (2020-21).

**RUOK?**<sup>TM</sup>  
A conversation could change a life.







# How to have an R U OK? conversation



**WHAT ARE THEY**

**SAYING?**

**WHAT ARE THEY**

**DOING?**

**WHAT'S GOING  
ON IN THEIR**

**LIFE?**



**Am I ready?**

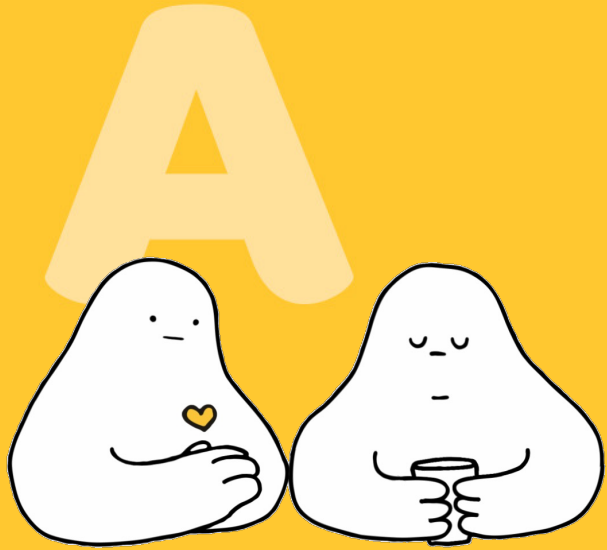


**Am I prepared?**

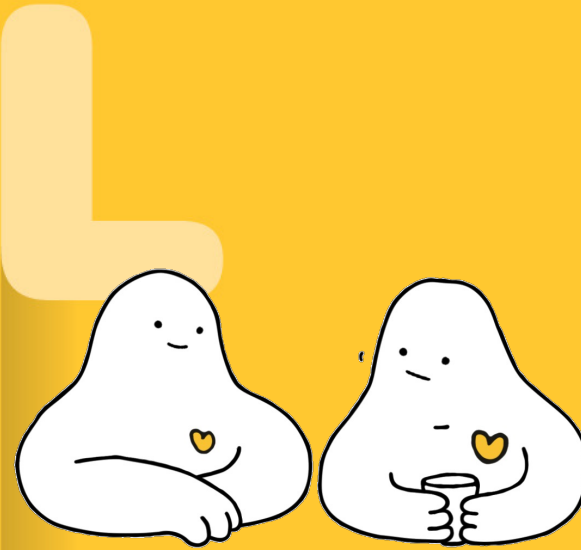


**Have I  
picked my  
moment?**

# 4 steps of an R U OK? conversation



**Ask R U OK?**



**Listen**

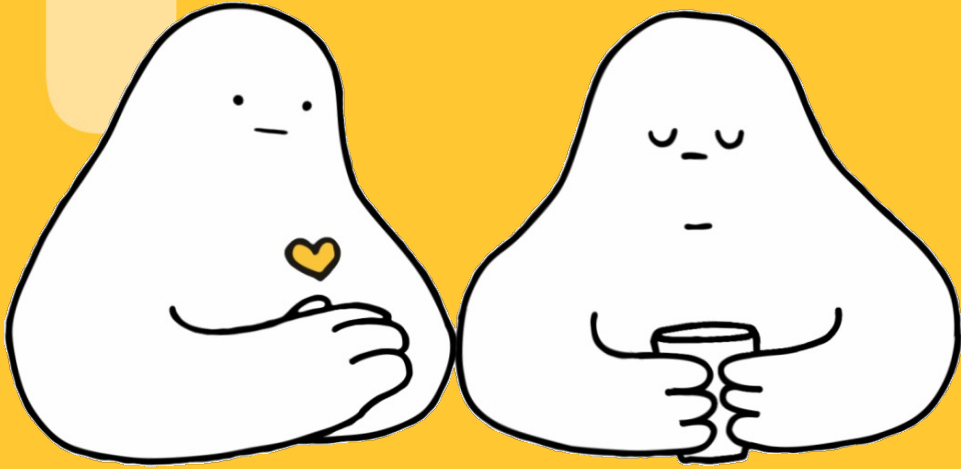


**Encourage  
action**



**Check in**

# 1



## Ask R U OK?

How are you travelling?

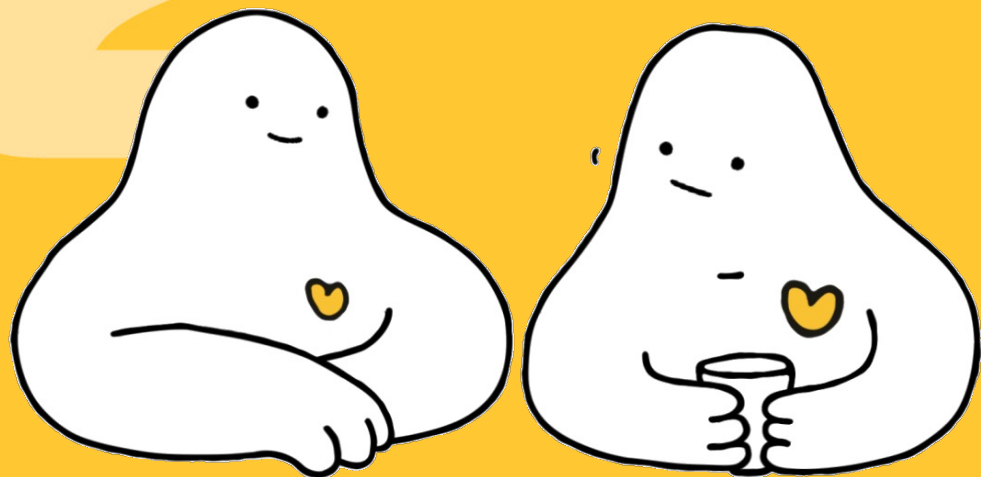
You don't seem yourself lately – want to talk about it?

There's been a lot of change, are you ok?

The pandemic is still stressful, how are you going with it?



# 2



## Listen

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

How are  
you feeling  
about that?

What's it's like for  
you at the moment?



## Encourage action

What do you think  
is a first step that  
would help you  
through this?

What's something  
you enjoy doing?  
Making time for that  
can really help.

With things the  
way they are,  
let's just take  
it slowly

Have you spoken to your  
doctor or another health  
professional about this?

# Useful contacts for someone who's not OK

## **Lifeline (24/7)**

13 11 14

[lifeline.org.au](http://lifeline.org.au)

## **Kids Helpline (24/7)**

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

## **headspace**

1800 650 890

[headspace.org.au](http://headspace.org.au)

## **Beyond Blue (24/7)**

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

## **13 YARN**

13 92 76

[13yarn.org.au](http://13yarn.org.au)

## **Mensline**

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

## **1800 RESPECT (24/7)**

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

## **Open Arms (24/7)**

1800 011 046

[openarms.gov.au](http://openarms.gov.au)

## **Suicide Call Back Service (24/7)**

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## **Qlife**

1800 184 527

[qlife.org.au](http://qlife.org.au)



# 4



## Check in

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

What's been  
working for you  
since we  
last chatted?

Have things  
improved or changed  
since we last spoke?

Do you need  
more support?



Who will you

Ask?



