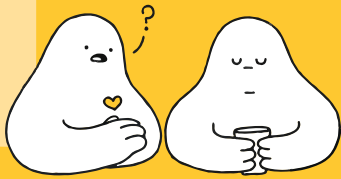


Ask R U OK?® ANY DAY

The 4 steps of an R U OK? Conversation

1

Ask R U OK?



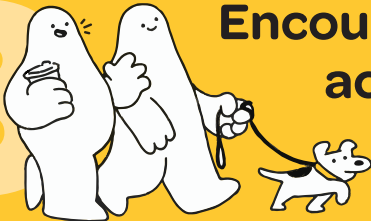
2

Listen



3

Encourage
action



4

Check in



Find tips at ruok.org.au

Useful contacts

**If you are concerned for your safety or the safety of others,
seek immediate assistance by calling Triple Zero (000).**

You can also seek support from your doctor or one of these support services (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

Other useful contacts

More contacts: ruok.org.au/findhelp

ruok.org.au