



**I thought being
resilient was pushing
through on my own—
but real resilience was
speaking up... and
saying 'I'm not okay.'**



**Maddy,
Airforce**

RUOK?[®]

A conversation could change a life.



**You don't have to wait
for things to become
catastrophic to
deserve help - your
struggle matters
before it becomes a
crisis.**

**Emma,
APS**

RUOK?[®]
A conversation could change a life.



The way to make checking in feel natural - is for it to already be natural.

You can't just show up when something is wrong, people notice that. It has to be something you do all the time.

**Ian,
Army**

RUOK?[®]
A conversation could change a life.



**If you feel like
someone's not quite
right, trust your gut
and reach out.**

**Even a simple message
can open the door to a
really important
conversation.**



**Mark,
APS**

RUOK?[®]
A conversation could change a life.



You don't need the perfect words to help someone, just the willingness to stay and listen.



**Mark,
Navy**

RUOK?[®]

A conversation could change a life.



Sometimes the conversation you don't want to have is the one you need most...

I wasn't short of support. I was short of letting myself accept it.



**Hugo,
Army**

RUOK?[®]
A conversation could change a life.