

**Ask the question,
even if it feels
uncomfortable.**

**Silence and
avoidance are
often more
harmful than
getting the words
wrong.**

Emma, APS

RUOK?[®]

A conversation could change a life.

**The best thing about
that conversation was
how they showed up—
their body language,
their presence.**

**“ They didn’t sit across
the desk from me, they
sat beside me. ”**

**Everything about that
moment said: ‘We care,
we’re here, and we’re
going to help you
through this.’**

**Maddy,
Airforce**

RUOK?[®]

A conversation could change a life.

**Breaking down
your own walls
can help others
do the same.**

**Because when
people see it's
safe to open up,
they start to open
up too.**

Mark, APS

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.

**In my experience,
people simply want
to feel heard or feel
like someone has
cared.**

**That experience of
connection and
recognition is what
is important to
them.**

Mark, Navy

RUOK?[®]

A conversation could change a life.

**Speaking with a
Mental Health
Nurse is a great way
to just let things go.**

**“ They helped in
lessening the
burden, and finding
strategies to relieve
stress that I hadn’t
thought of.**

Paul, Navy

RUOK?

A conversation could change a life.

**When someone's
normal patterns
change, even slightly
– that's when you
know something's
going on.**

**It might just be a
different tone, a
different word, or a
shift in how they
respond to the usual
banter.**

Ian, Army

RUOK?[®]

A conversation could change a life.