

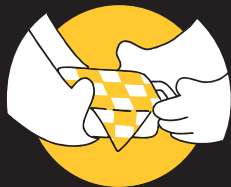
'Tis the *season* to be *asking* RUOK?™

The holiday season can be a difficult time for some people. You can make a difference at this time of year by checking in and having a meaningful conversation with the people in your world who:

- Are grieving
- Are missing friends or family
- Have had a tough year
- Are struggling financially
- Are affected by natural disasters
- Are working over the holidays
- Have challenging family relationships
- Are spending the holidays alone
- Feel excluded at this time
- Are feeling overwhelmed by world events



Here's some tips to help you connect and support your colleagues, friends and family:



- Think about who in your world might be finding this time difficult and ask them, 'are you OK?' or 'how are you doing?'
- Meet up for a chat over a cup or tea or coffee.
- If someone is grieving, ask them how they'd like to honour the memory of their loved one.
- Extend an invitation to someone who will be alone during the holiday period.
- Organise a picnic or activity to bring people together.
- Have a virtual catch up with someone you can't see in person or send a text message to let someone know you're thinking of them.
- Suggest a 'walk and talk' with someone you know who finds the holidays tough.
- Drop off a meal to someone to show them you care.
- Remind your friends that telephone support service Lifeline (13 11 14) are operating 24/7 over the holidays if they need extra support.

For more conversation tips visit ruok.org.au