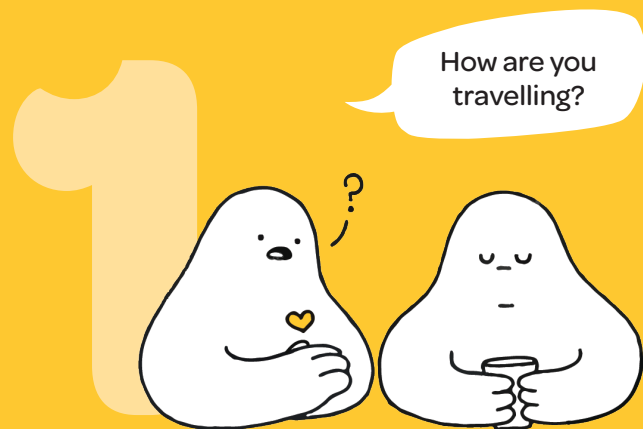


Start a conversation using these 4 steps



Ask R U OK?



Listen



Encourage action



Check in

Hey Sport,
RU OK?TM

A conversation could change a life. Ask R U OK?

ruok.org.au/sport