

Ask

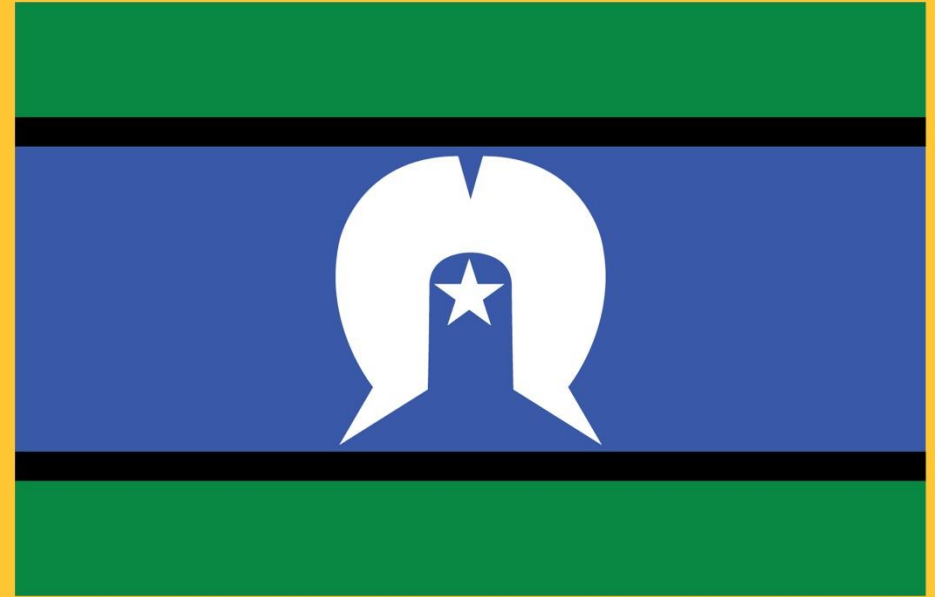
RU OK?®

ANY DAY

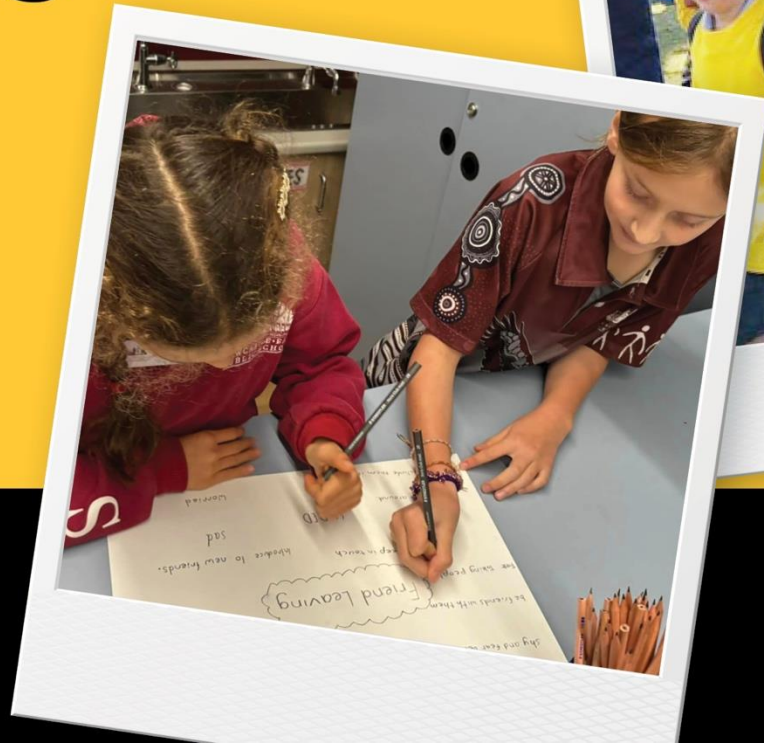
Insert school name

Insert school year

Acknowledgement of Country



RU OK? is all about helping our friends, classmates and family by having meaningful conversations



RU OK?
A conversation could change a life.

RU OK? talks to the help-giver



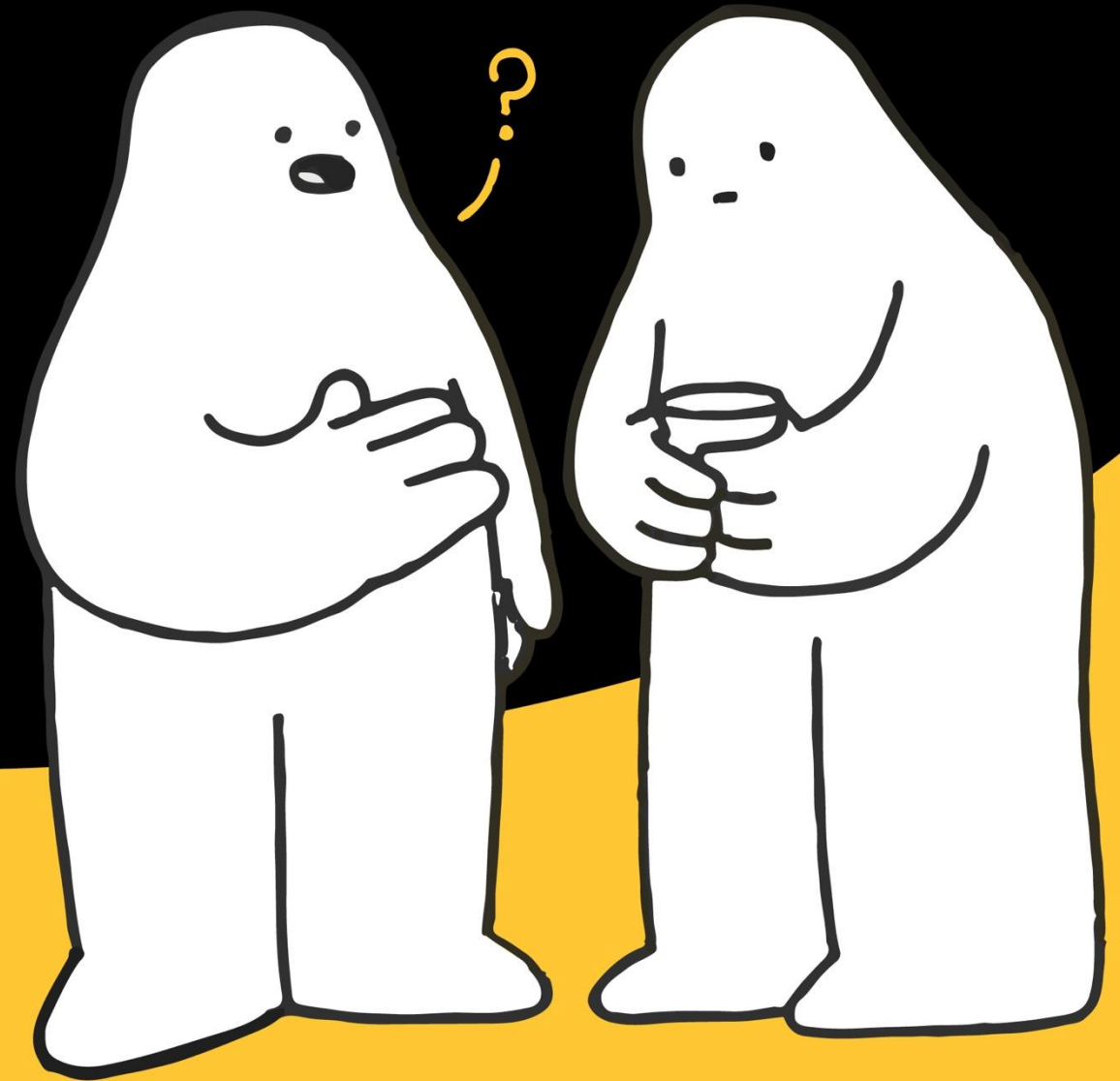
When our friends are sad, frustrated, angry, or just not themselves, its important that we try to help them, and ask, 'are you OK?'.



You can't always
solve what they're
going through...



... but being able
to talk it through
can really help.



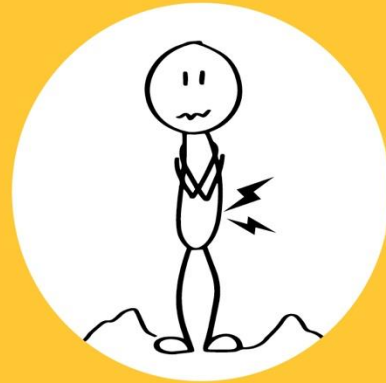
How will you know if a friend is worried or sad?



Not wanting to play



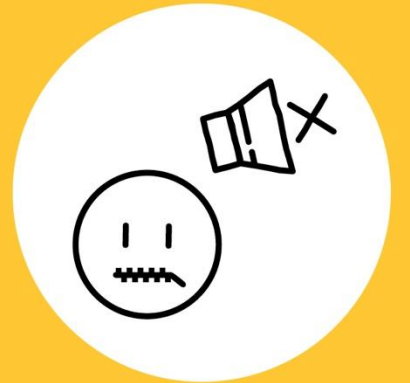
Sitting alone



Feeling sick



Crying



Not talking much

Ask

RU OK?®

ANY DAY

How to have an R U OK? conversation



What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

Am I ready?



Am I prepared?

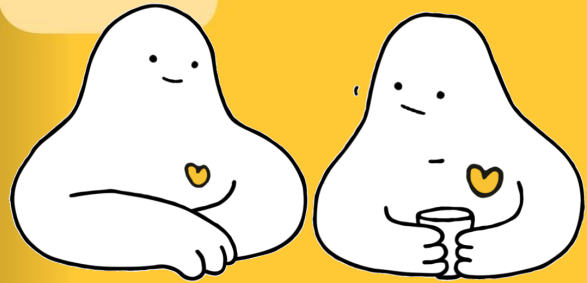


**Is this the
right time
and place?**

4 steps of an R U OK? conversation



Ask R U OK?



Listen

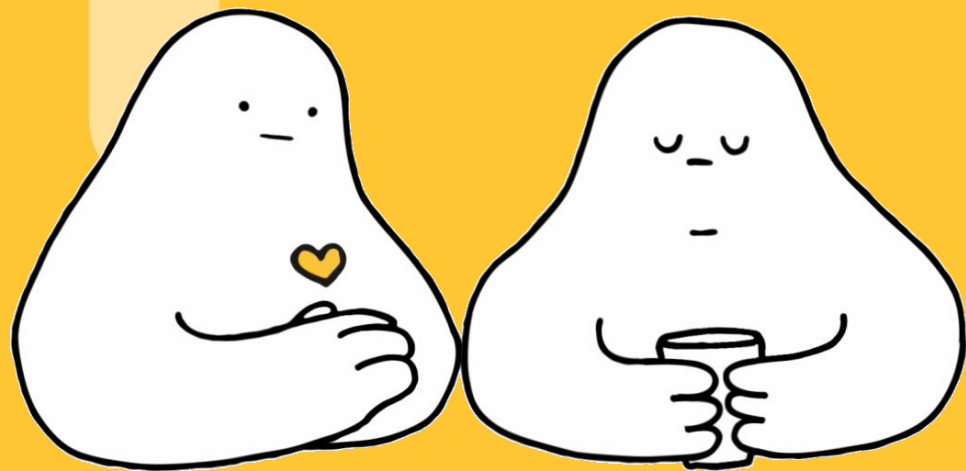


**Encourage
action**



Check in

1

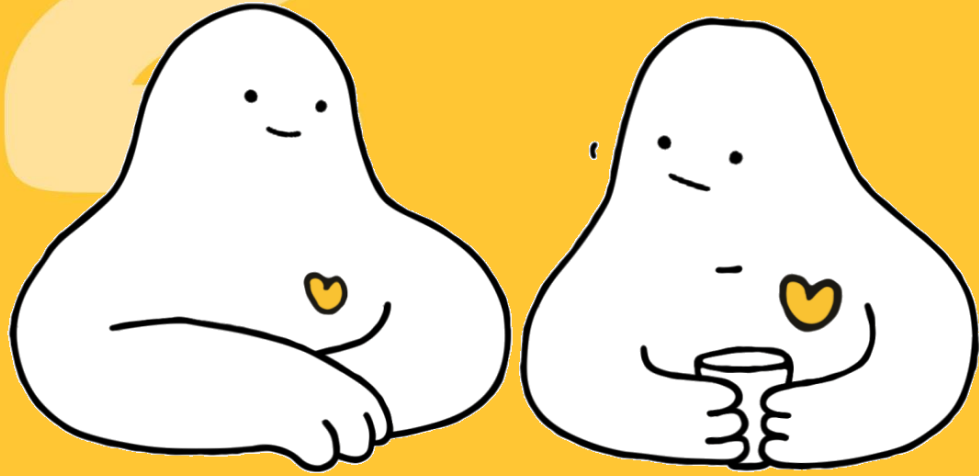


Ask R U OK?

Is everything OK?

What's been going on?

You don't seem yourself lately – want to talk about it?



Listen

I'm here to listen

Could you tell
me a bit more?

How does that
make you feel?



Encourage action

Have you
talked to
an adult?

How can I
help you?

Let's go and
tell someone
together

Tell a trusted adult if you are worried

Useful contacts

Kids Helpline (24/7)

Confidential phone and online counselling service for young people aged 5-25.

1800 55 1800

kidshelpline.com.au

13 YARN (24/7)

Support phone line for Aboriginal and Torres Strait Islander people.

13 92 76

13yarn.org.au

headspace

Community centres, online and phone counselling services for young people aged 5-25.

1800 650 890

headspace.org.au

Lifeline Australia

24/7 Crisis Support and Suicide Prevention Services

113 11 14

lifeline.org.au

Qlife

Confidential home and online LGBTI support and referral.

1800 184 527

qlife.org.au













Beyond Blue (24/7)

Advice, referral and support from trained mental health professionals.

1300 224 636

beyondblue.org.au

Ways to access support

24/7 SERVICES	PHONE	WEBCHAT	TEXT
 Lifeline			
 Beyond Blue			
 kids helpline anytime.any reason.			
			

4



Check in

Is there anything
more I can
do to help?

Did you share this
with an adult?
What did they say?

Just wanted to
check in and see
how you're doing?

Personal reflection

- Who can you check in with this week?
- What's something positive you can do for yourself this week?



Who will you

Ask



RUOK?[®]

A conversation could change a life.