


# Activity planner



Ideas to share the R U OK? message with your school, workplace or community group, any day of the year.

August 2025	September 2025	October 2025	November 2025
<p>Finalise your plans for R U OK?Day with your mates, colleagues, family and community groups.</p> <p>Check our website for resources to get you started <a href="http://ruok.org.au/r-u-ok-day">ruok.org.au/r-u-ok-day</a>.</p>	<p>Plan an event and encourage the people in your world to get behind R U OK?Day on <b>Thursday 11 September 2025</b>.</p>	<p><b>10 October 2025</b> is World Mental Health Day. We can all help to shine a more positive light on mental health. Chat to the people in your world about life's ups and downs and offer support.</p>	<p>It's not always easy to keep the conversation going when someone says they're not OK. Check out the R U OK? interactive conversation roleplay videos to help you learn what to say after R U OK?</p>
<div>  <p>Sign up for Ks for R U OK? Connect and have a chat with friends, family and workmates as you walk, run, roll or cycle to raise awareness for suicide prevention. <a href="http://ksforruok.ruok.org.au">ksforruok.ruok.org.au</a></p> </div>			
December 2025	January 2026	February 2026	March 2026
<p>The holiday season can be great fun, but it can also be a time of stress for people experiencing financial, family or other challenges. Check in with your loved ones at this time.</p>	<p>Say hello to the New Year and continue to have meaningful conversations with your mates, colleagues, family and community groups.</p> <p>Check the R U OK? website for tips and resources you can use all year round.</p>	<p>As we return to work, studies, school and more, remember to check in on the people in your world.</p> <p>Remind everyone that a conversation could change a life.</p>	<p>This is a good time to remind everyone of the importance of meaningful conversations.</p> <p>Consider booking an R U OK? Community Ambassador to speak to your school, workplace or community.</p>
April 2026	May 2026	June 2026	July 2026
<p>Organise a coffee catchup with a mate or brunch with a family member. Check in with each other and meaningfully connect.</p> <p>Make plans for another catch up so you can stay connected.</p>	<p>Consider hosting your own R U OK? event to encourage meaningful conversations with your friends, workmates or those in your community. Learn more a <a href="http://ruok.org.au/events">ruok.org.au/events</a>.</p>	<p>Men's Health Week is being marked from <b>15-21 June 2026</b>. Encourage those around you to get involved and ask, 'are you OK?'.</p>	<p>Start planning for R U OK?Day <b>Thursday 10 September 2026</b>.</p> <p>Visit <a href="http://ruok.org.au">ruok.org.au</a> for updates.</p>

For more ideas and resources visit [ruok.org.au](http://ruok.org.au)

Ask  
**R U OK? ANY DAY**

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