

Ask

RU  K?®

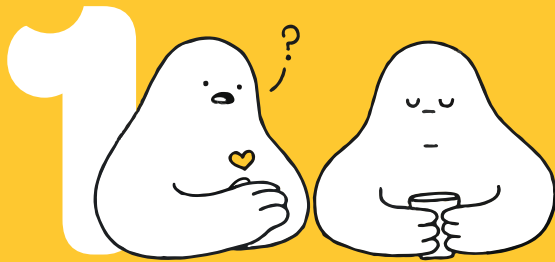
 ANY DAY

A conversation could change a life.

ruok.org.au

Ask R U OK?™ ANY DAY

Have a conversation using these 4 steps



How are you
travelling?

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

Ask R U OK?



I'm here to listen
if you want to
talk more.

Have you been
feeling this way
for a while?

Listen



What do you think
is a first step that
might help you?

Have you spoken
to your doctor
about this?

Encourage action



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

Have things
improved for you since
our last chat?

Check in

Learn more at ruok.org.au



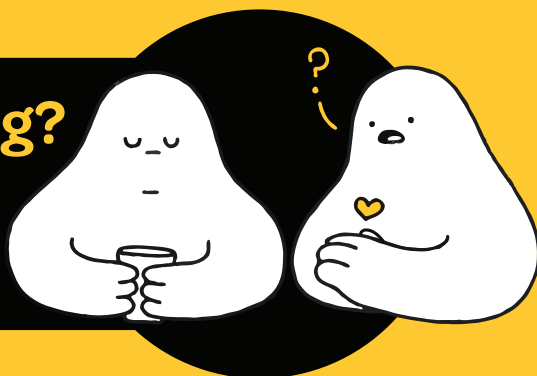
Ask

RU OK?®

ANY DAY

Worried about asking?

By asking and listening, you can help the people you care about feel supported and connected.



88%

of people appreciate being asked* so be the one who makes a difference.

We're here to help with our four-step conversation framework plus free resources to build your confidence.

You've got this! And we've got your back.

Visit ruok.org.au today!

*Verian (June, 2025) RU OK? Impact Tracker. Australia.

Monday to Sunday



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ALEC framework**

**Ask
RU OK?**



Listen



**Encourage
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RU OK?**

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How to stay connected and ask R U OK? Any Day

Start by asking, 'are you OK?'

No, I'm not OK.

Yes, I'm fine.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

Ask R U OK?™ ANY DAY

The 4 steps of an R U OK? Conversation

1

Ask R U OK?



2

Listen



3

Encourage
action



4

Check in



Find tips at ruok.org.au

Useful contacts

**If you are concerned for your safety or the safety of others,
seek immediate assistance by calling Triple Zero (000).**

You can also seek support from your doctor or one of these support services (24/7).

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 224 636

beyondblue.org.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au

Other useful contacts

More contacts: ruok.org.au/findhelp

ruok.org.au