

Ask

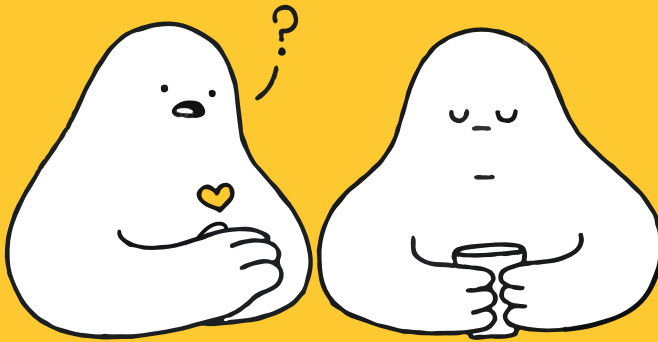
RUOK?™

Colour in

4 steps of an RUOK? conversation



1



How are you travelling?

Ask RUOK?

2



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

Listen

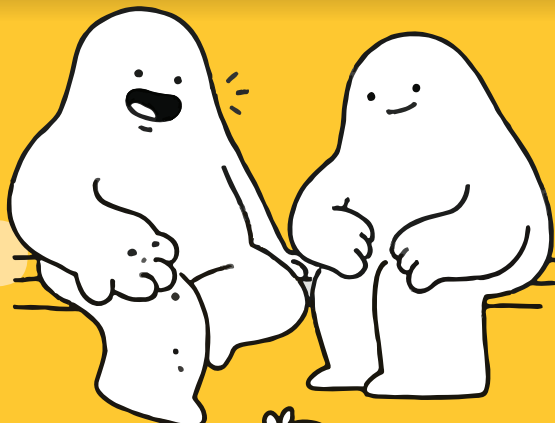
3



What have you done before that has helped?

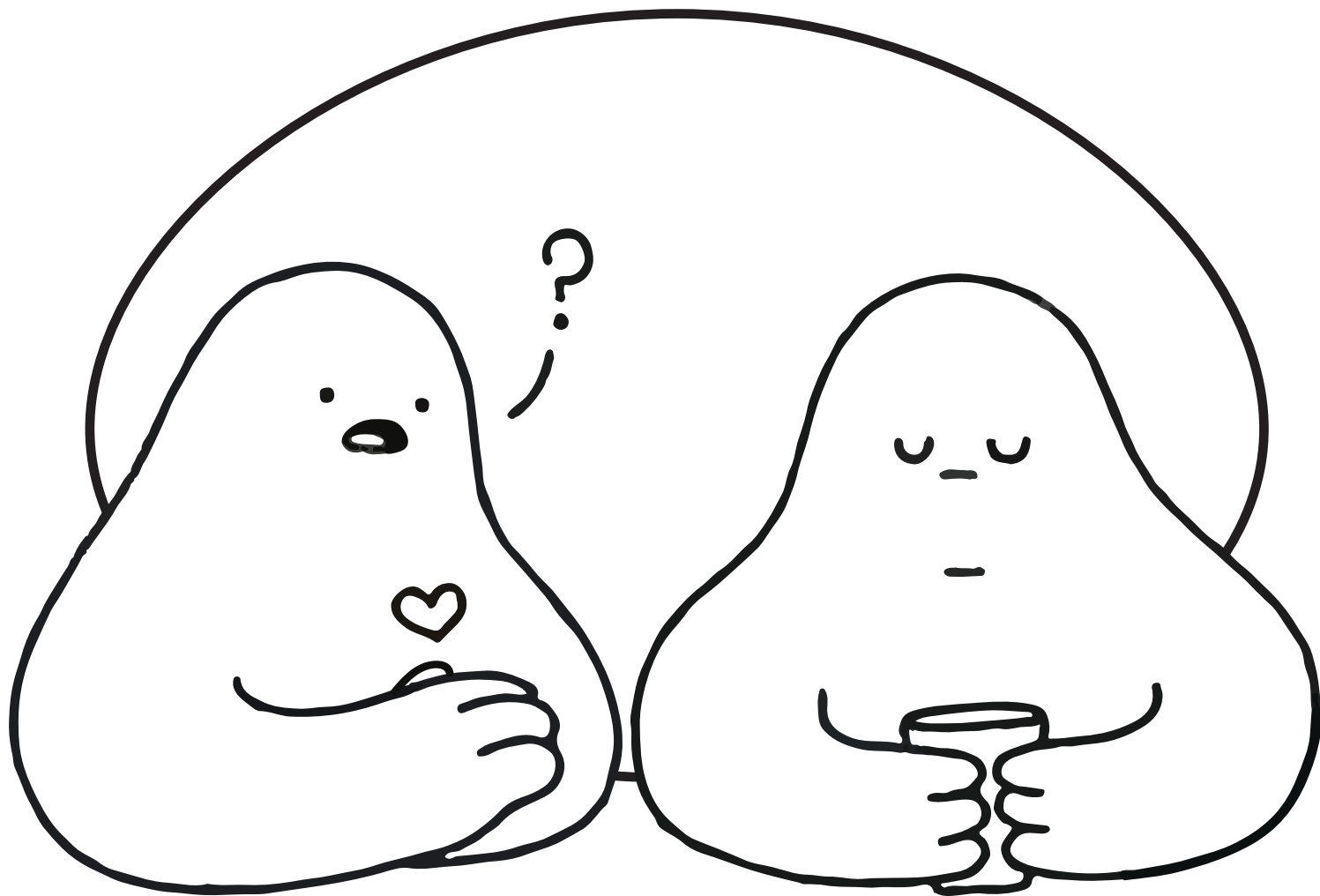
Encourage action

4



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

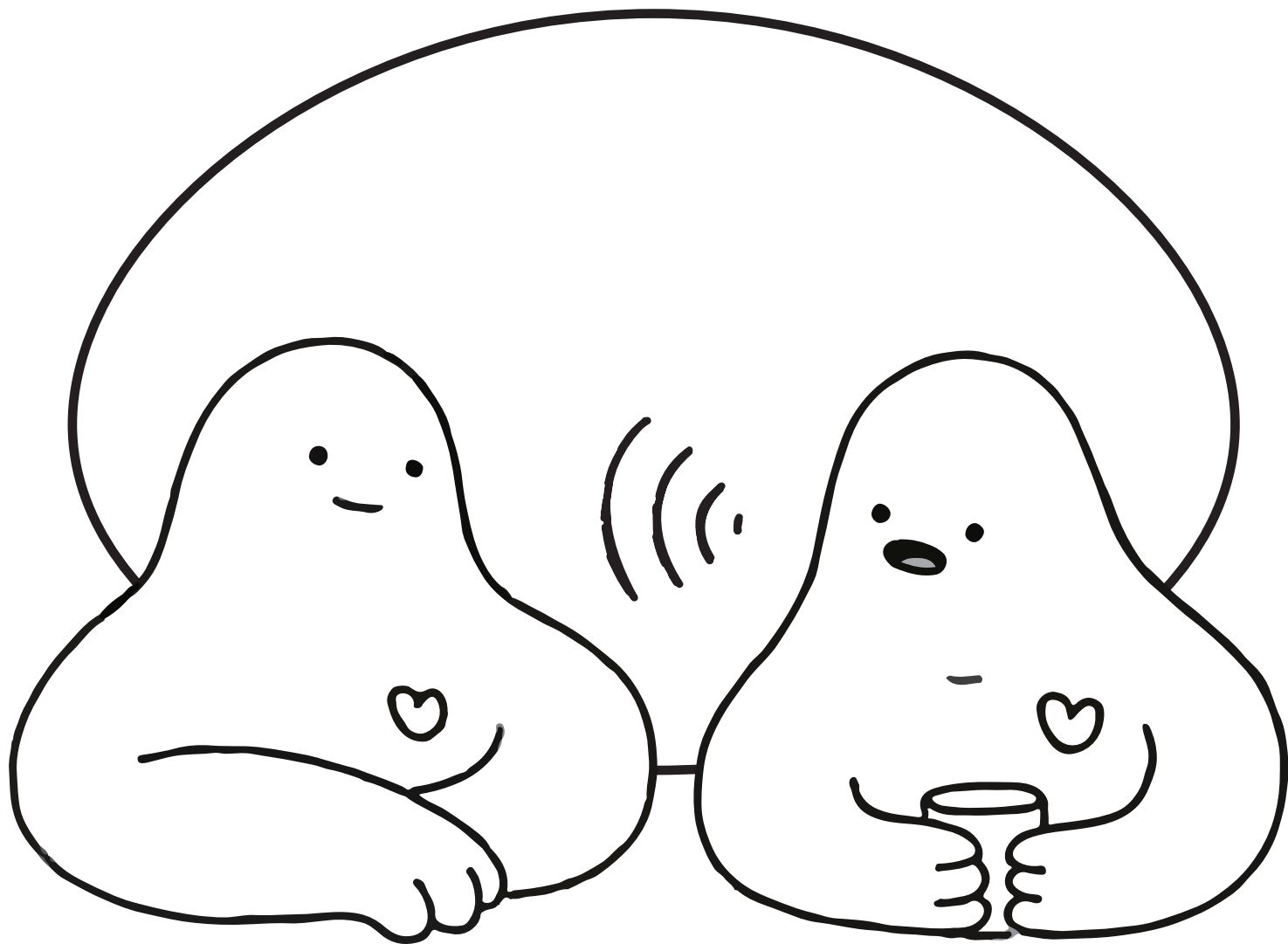
Check in



**Ask are
you OK?**

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RU OK?TM
A conversation could change a life.



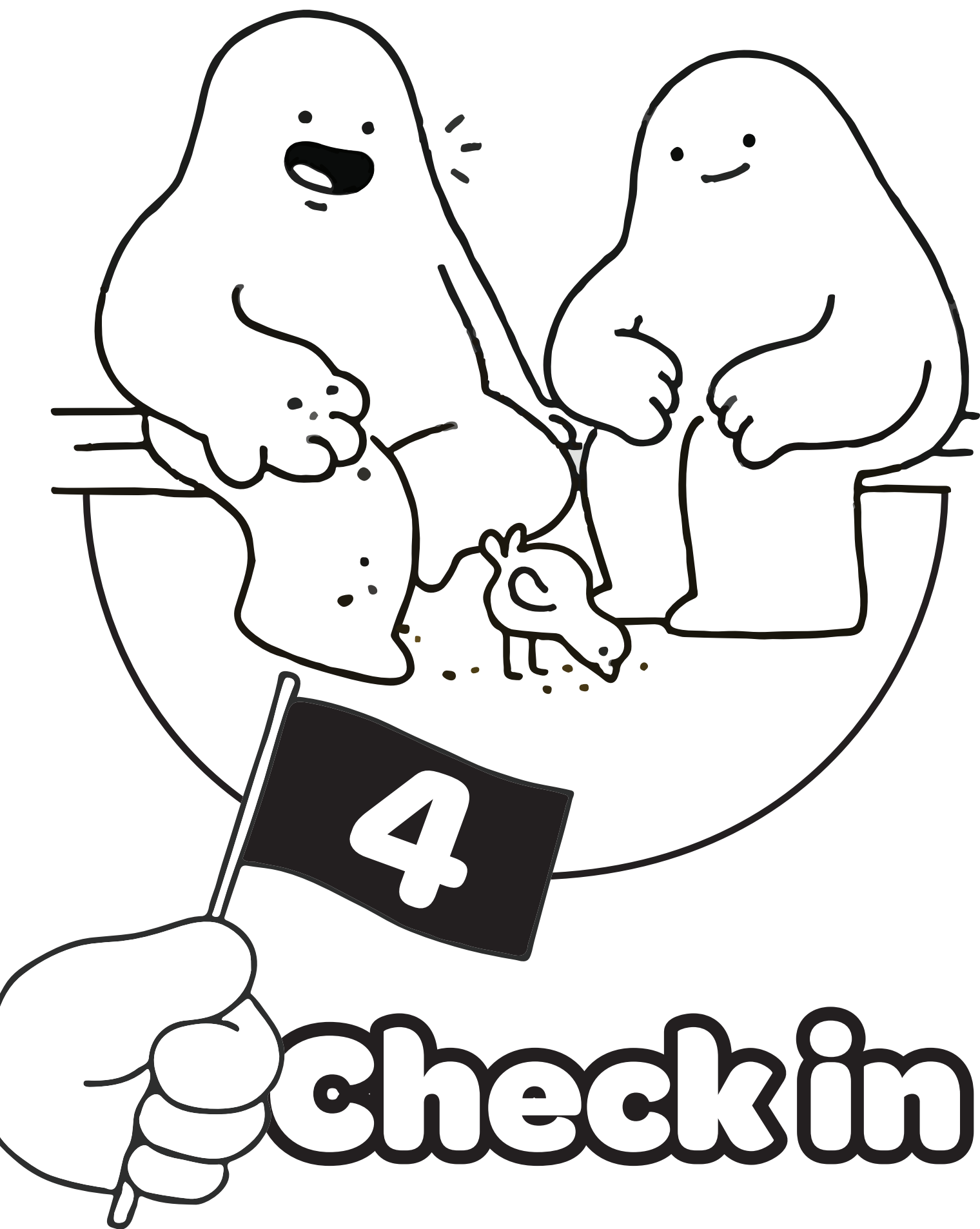
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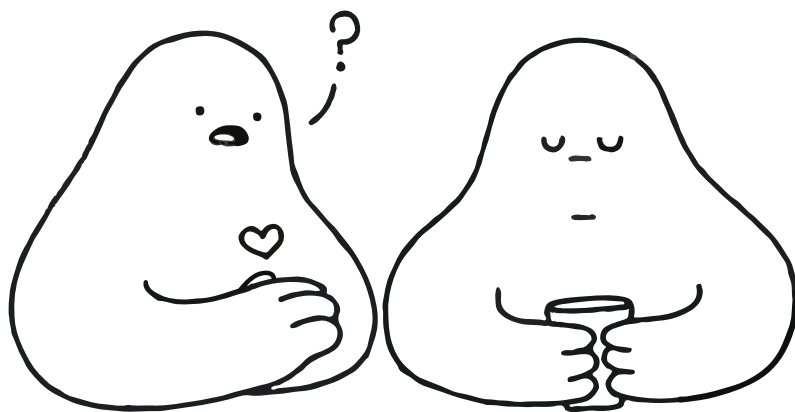


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RUOK?[™]
A conversation could change a life.

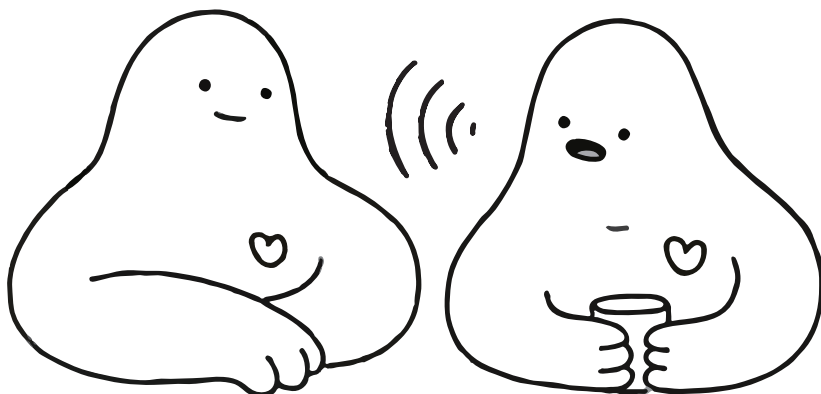
1

**Ask
R U OK?**



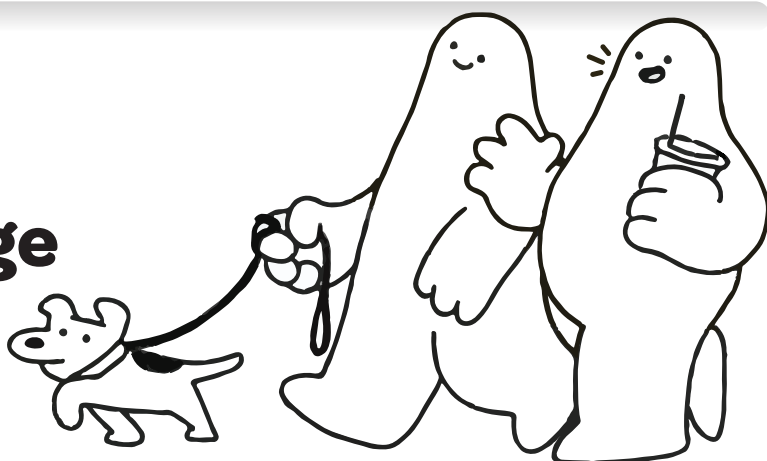
2

Listen



3

**Encourage
action**



4

Check in

