

We all go through ups and downs in life. Your friends might be struggling with exam stress, a family breakdown, self-esteem, uncertainty about the future, mental health or any number of other things.

You might not be able to fix things, but one thing you can do is ask, 'are you OK?' and have regular, open conversations about what they're going through and how they're feeling.

If you think something's not quite right, that's the time to start a conversation – you don't have to wait for them to bring it up.

If you need some tips about what to say and do during these chats, flip this over and use the 4 steps of an R U OK? conversation as your guide.



For more tips and resources, scan the QR code or head to ruok.org.au/friendbetter



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



#FriendBetter
with **R U OK?**

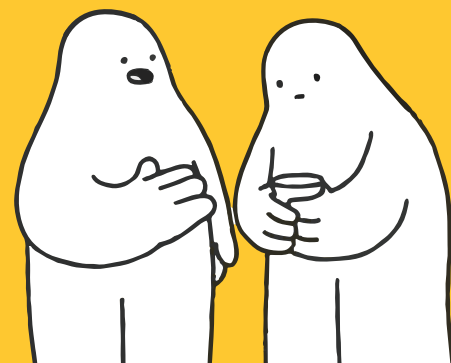
Tips to help you support your mates



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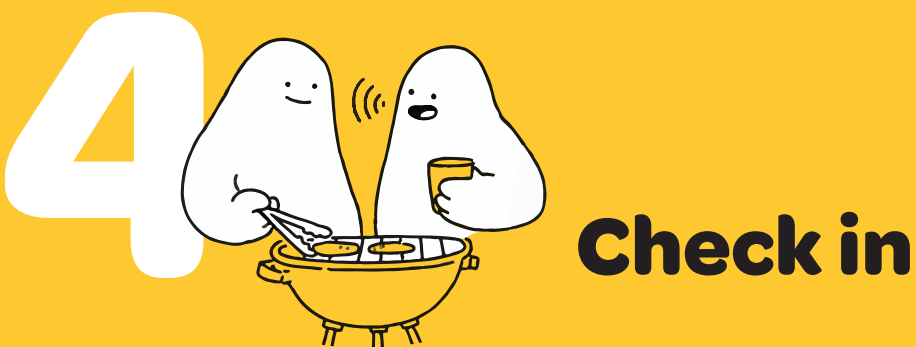
How to have an R U OK? conversation with a friend



- Choose a time and place where they'll be comfortable opening up.
- Ask in a way that works for you. You don't have to use the exact words, 'are you OK?'.
- You could even gently point out what you've noticed or mention something that's going on for them.



- Take what they say seriously and don't interrupt or rush them.
- Don't judge their experiences or reactions but acknowledge their feelings.
- Encourage them to explain by asking open ended questions like: "How are you feeling about that?" or "How long have you felt that way?".



- Set yourself a reminder to check in with them again soon.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."
- You might need to repeat the above steps.
- Your ongoing, genuine care will help them feel supported.



- Ask them what have they've done in the past to manage similar situations.
- Encourage them to think of something that could help them lighten the load.
- If they've been feeling really down for an extended period of time or they seem to be really struggling, encourage them to seek professional support.
- Offer to help them research appropriate services.

