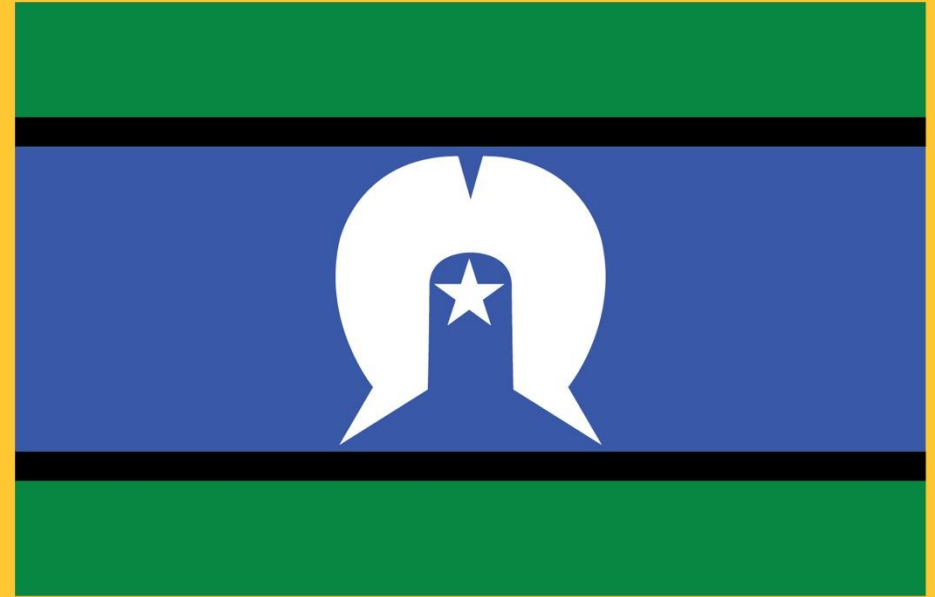


Ask

RU OK?®

ANY DAY

# Acknowledgement of Country



*In the time it takes to have a cuppa,  
you could start a conversation that  
could change a life.'*

Gavin Larkin, R U OK? Founder





# Current state of mental health and suicide



**55,000**

suicide attempts in Australia  
each year.

**Over half**

of Australians say rising cost  
of living is having a big impact  
on their mental health.



**1 in 5**

say they have experienced  
elevated distress beyond  
normal levels due to social and  
economic circumstances  
compared to this time last year.

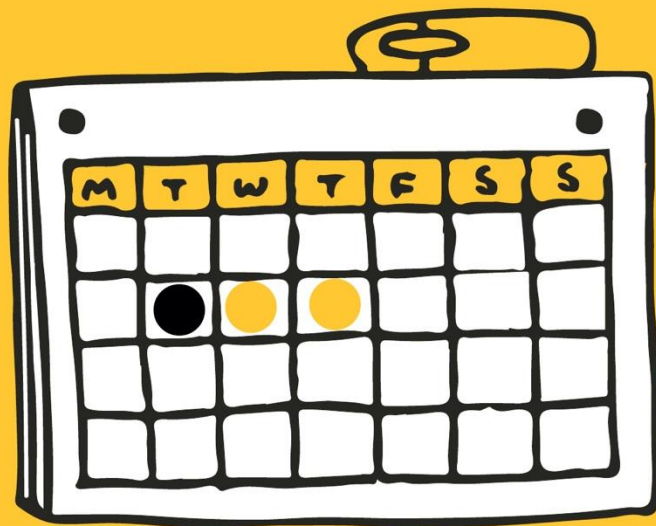
**Sources:** 1. ABS National Mental Health and Wellbeing Survey (2020-2022). Australian Bureau of Statistics.  
2. Report to the Nation (2023) Mental Health Australia.

**RUOK?**<sup>®</sup>  
A conversation could change a life.



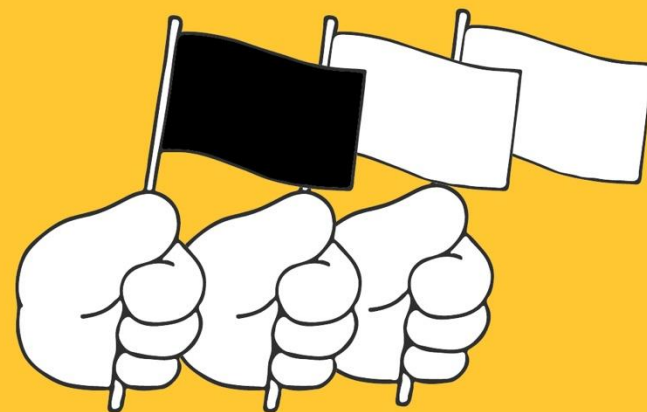
## 3 in 4

Australians agree it is important to ask people regularly if they are OK, Any Day of the year



## 1 in 3

Australians have been asking others if they were OK more often over the last year



## 1 in 3

Australians might hesitate to ask someone if they're OK, even when they feel someone is struggling

# Main hesitations to asking



**Fear of invading someone's privacy**



**Don't want to say the wrong thing and make it worse**



**Don't want to embarrass them or make them feel judged**



**Worried about their reaction – they might get upset or defensive**



**Want to help them but don't know how to solve the problem**



**Lack of confidence that their actions would improve the situation**



Have confidence to

Ask

RU OK?®

ANY DAY

of the year



RU OK?®  
A conversation could change a life.

Ask

RU  K?®

 ANY DAY





***What's been happening?***

*"What's been happening?"*

# 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?**

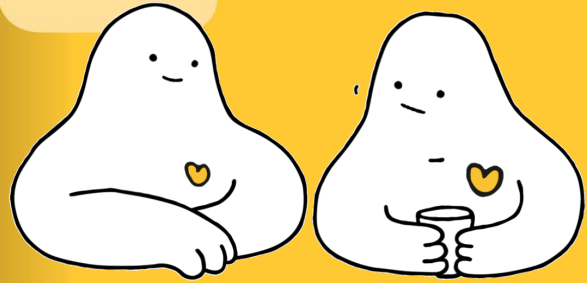


**Is this the  
right time  
and place?**

# 4 steps of an R U OK? conversation



**Ask R U OK?**



**Listen**

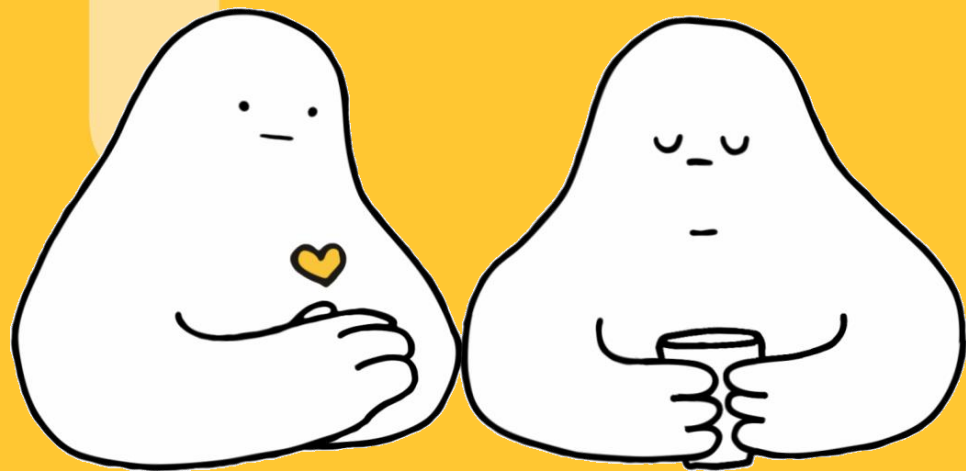


**Encourage  
action**



**Check in**

# 1



## Ask R U OK?

How are  
you doing?

Is there  
something on  
your mind?

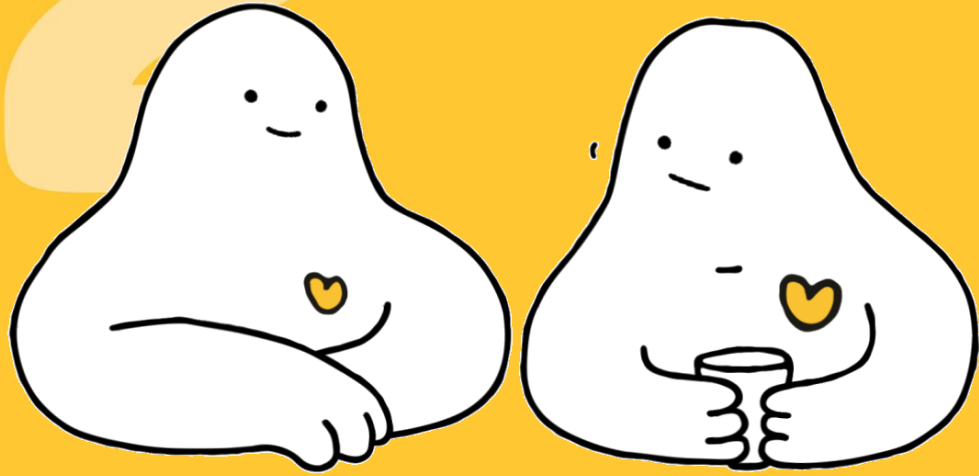
You don't  
seem yourself  
lately – want to  
talk about it?

I know things have  
been hard lately. How  
are you feeling?

# RUOK?®

A conversation could change a life.





# Listen

I'm here to listen

Take your time

Tell me  
more about...

How does that  
make you feel?



**Encourage  
action**

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

What has helped  
you with this in  
the past?

Have you spoken  
to your doctor  
about this?

How can I  
support you?

# Useful contacts

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

## **Lifeline (24/7)**

13 11 14

[lifeline.org.au](https://lifeline.org.au)

## **Mensline**

1300 78 99 78

[mensline.org.au](https://mensline.org.au)

## **QLife**

1800 184 527

[qlife.org.au](https://qlife.org.au)

## **National Debt Helpline**

1800 007 007

[ndh.org.au](https://ndh.org.au)

## **13 YARN (24/7)**

13 92 76

[13yarn.org.au](https://13yarn.org.au)

## **headspace**

1800 650 890

[headspace.org.au](https://headspace.org.au)

## **Beyond Blue (24/7)**

1300 224 636

[beyondblue.org.au](https://beyondblue.org.au)

## **1800RESPECT (24/7)**

1800 737 732

[1800respect.org.au](https://1800respect.org.au)

## **Kids Helpline (24/7)**

1800 55 1800

[kidshelpline.com.au](https://kidshelpline.com.au)

## **Head to Health**

1800 595 212

[headtohealth.gov.au](https://headtohealth.gov.au)

## **Open Arms (24/7)**

1800 011 046

[openarms.gov.au](https://openarms.gov.au)

## **Suicide Call Back Service (24/7)**

1300 659 467

[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)



# 4



## Check in

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

Have things  
improved for  
you since our  
last chat?

Is there anything  
you wanted to chat  
further about?

Have you taken  
those first steps?

# RUOK?

A conversation could change a life.

# Resources to download and share



Who will you

Ask



**RUOK?**<sup>®</sup>

A conversation could change a life.