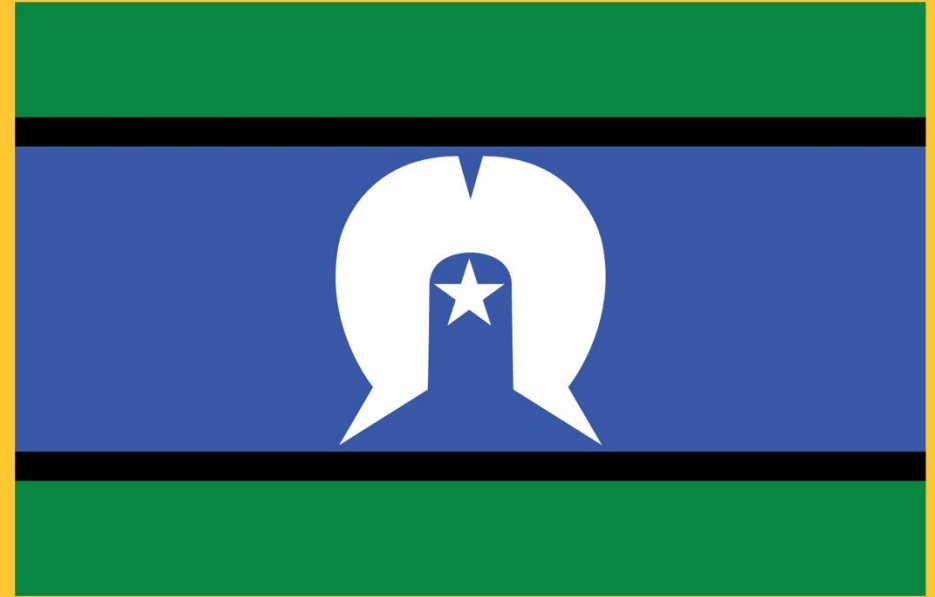


Ask

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



# 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.



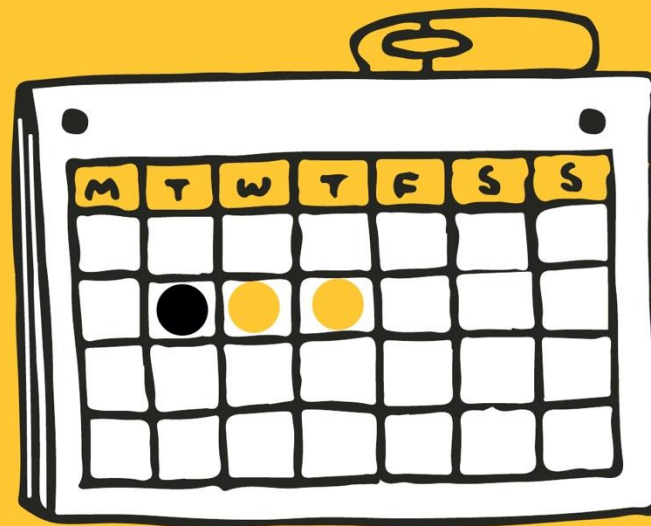
## 1 in 5

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



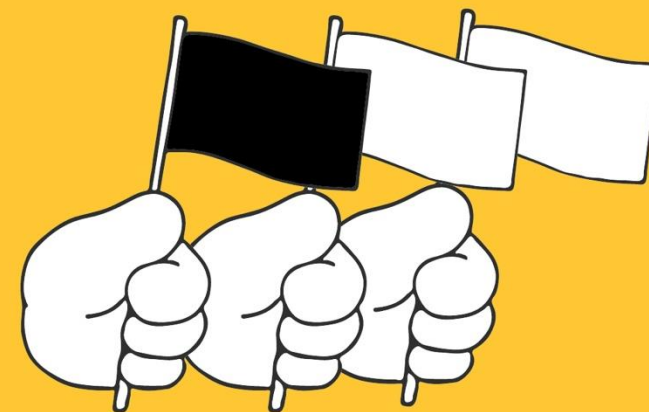
## 3 in 4

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?**

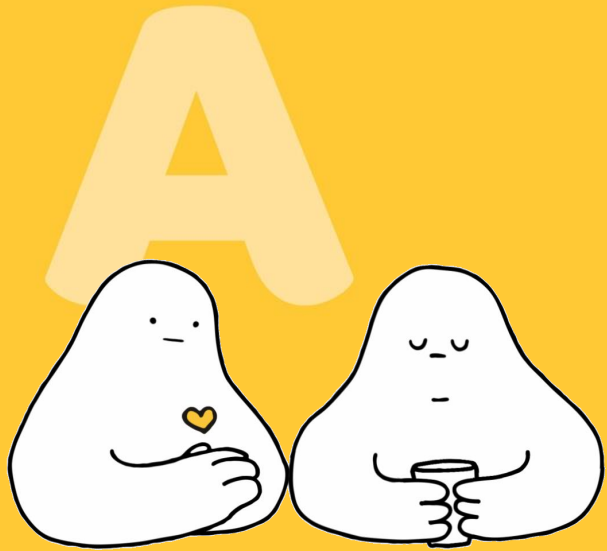


**Am I prepared?**

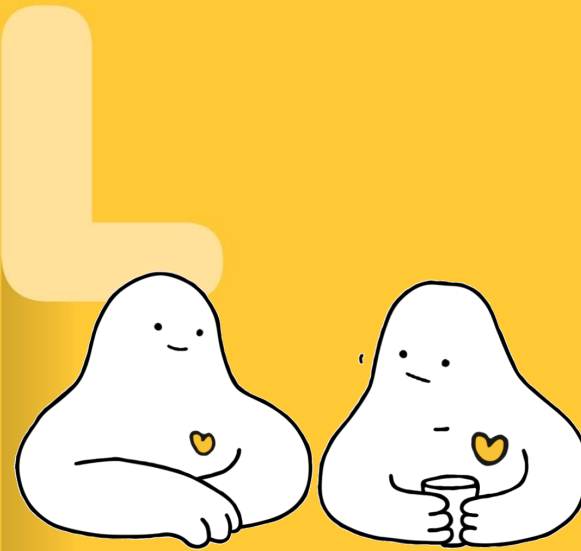


**Is this the  
right time  
and place?**

# 4 steps of an R U OK? Conversation



**Ask R U OK?**



**Listen**

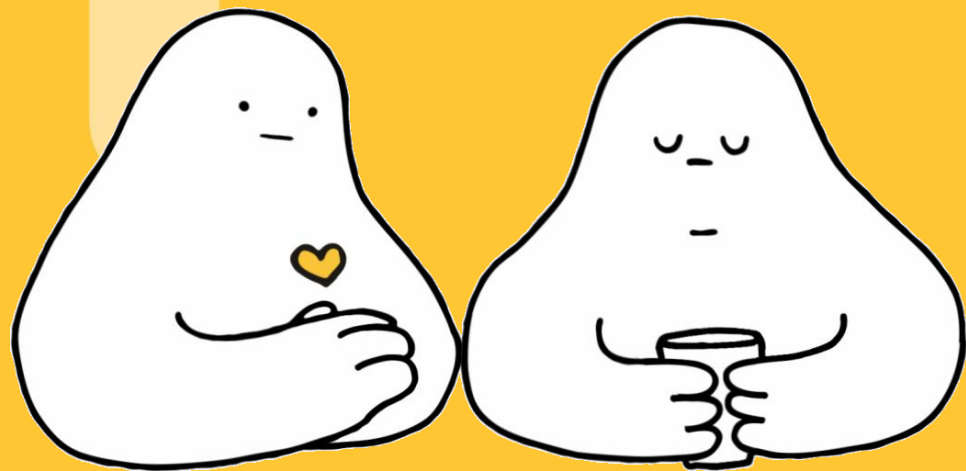


**Encourage  
action**



**Check in**

# 1



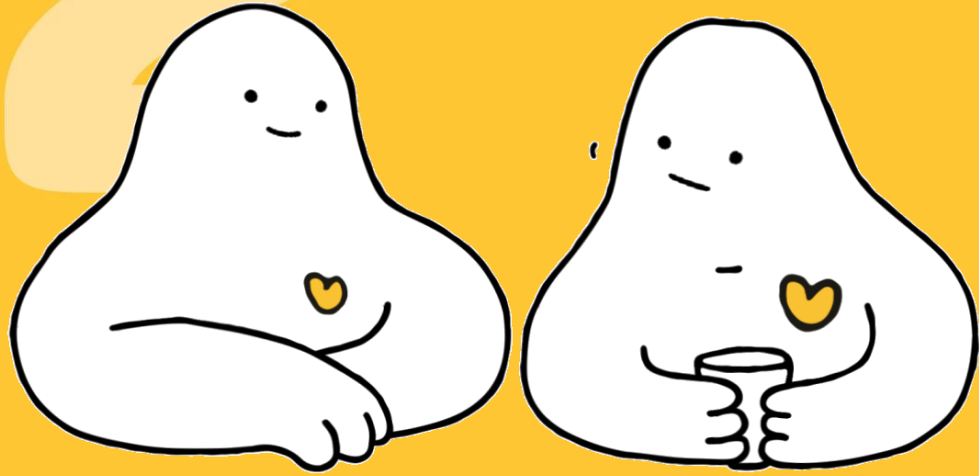
## Ask R U OK?

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?



# 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)

**Medicare Mental Health**

1800 595 212

[medicarementalhealth.gov.au](https://medicarementalhealth.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?**<sup>®</sup>

A conversation could change a life.

# Resources to download and share

## R U OK? Workplace Champions Guide



**How to champion an R U OK? Culture in your workplace**  
Supporting workplace mental health and wellbeing

**R U OK?**  
A conversation could change a life.

### Ask R U OK? ANY DAY

Have a conversation using these 4 steps

- 1 Ask R U OK?**  
How are you travelling?  
You don't worry yourself! Hello - want to talk about it?
- 2 Listen**  
I'm happy to listen if you want to talk more.  
Have you been feeling this way for a while?
- 3 Encourage action**  
What do you think is the best step that might help you?  
Have you spoken to your doctor about that?
- 4 Check in**  
Just wanted to check in and see how you're doing?  
How things improved for you since our last chat?

Learn more at [ruok.org.au](http://ruok.org.au)

### Workplace Champions Activity planner

Ideas to share the R U OK? message with your workplace, Any Day of the year

|                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>August 2025</b><br>Finalise plans for your R U OK? Day workplace activities (download resources, display poster, send out invites and confirm event details and speakers).<br>Check out the Workplace Champions activity resources to help you prepare for the event. | <b>September 2025</b><br>Plan an event and encourage the people in your workplace to get behind R U OK? Day on <b>Thursday 11 September 2025</b> .<br>Invite a workplace leader to share the challenges they have faced to highlight the importance of peer support. | <b>October 2025</b><br>It's Mental Health Month and <b>16 October 2025</b> is World Mental Health Day.<br>Share a positive light on mental health and encourage more life-changing conversations in your workplace.                                                            |
| <b>November 2025</b><br>It's not always easy to keep the conversation going when someone says they're not OK. Check out the R U OK? Workplace Champions activity resources to help you know what to say after 'are you OK?'.                                             | <b>December 2025</b><br>The holiday season can be great fun, but it can also be a time of stress for people experiencing financial, family or other challenges. Share R U OK? resources to encourage everyone to support workplaces through the holidays.            | <b>January 2026</b><br>Kick off the New Year with connection and conversation activities.<br>Check the R U OK? website for tips and resources you can use all year round.                                                                                                      |
| <b>February 2026</b><br>Plan a Lunch & Learn or Toolbox Talk to build the team's confidence to ask, 'are you OK?'<br>Remind everyone that a conversation could change a life.                                                                                            | <b>March 2026</b><br>This is a good month to engage an R U OK? Community Ambassador or lived experience speaker to share their story and highlight the importance of conversations and connection.                                                                   | <b>April 2026</b><br>Organise a coffee catchup or a walk and talk with a workplace. Check in with each other and meaningfully connect.<br>The R U OK? Workplace Champions will have key messages that can be dropped directly into your organisation's communication channels. |
| <b>May 2026</b><br>Consider holding your own event, or toolbox talk and use the R U OK? conversation cards to encourage meaningful conversations with your workforce.<br>Visit <a href="http://ruok.org.au/resources">ruok.org.au/resources</a> to learn more.           | <b>June 2026</b><br>International Mental Health Week is being marked from <b>16-24 June 2026</b> .<br>Encourage those around you to get involved and ask, 'are you OK?'.                                                                                             | <b>July 2026</b><br>Start planning for 2026 R U OK? Day, <b>Thursday 10 September</b> .<br>Visit <a href="http://ruok.org.au/r-uk-day">ruok.org.au/r-uk-day</a> for updates.<br>Include R U OK? resources in your email newsletter and encourage everyone to get involved.     |

**Ask R U OK? ANY DAY**



**R U OK?**  
A conversation could change a life.

Your interactive guide to supporting R U OK?

Click here to get started →

**R U OK?**  
A conversation could change a life.

Who will you

Ask



**RUOK?**<sup>®</sup>

A conversation could change a life.