

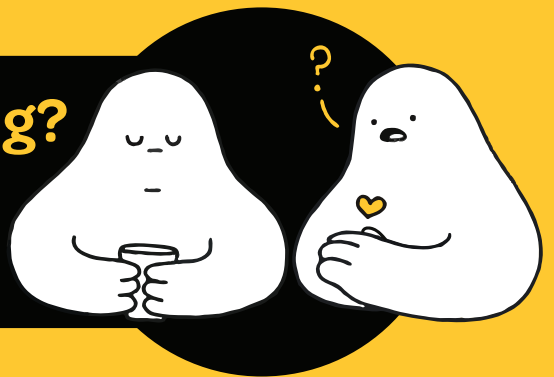
Ask

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.