

**Monday to Sunday**



**Ask**

**RU OK?®**

**ANY DAY**

**We're here to help with our four-step  
ALEC framework**

**1**  
Ask  
**RU OK?**



**2**  
Listen



**3**  
Encourage  
**action**



**4**  
Check in



**Plus, free resources to build your confidence**

**You've got this! And we've got your back.**

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