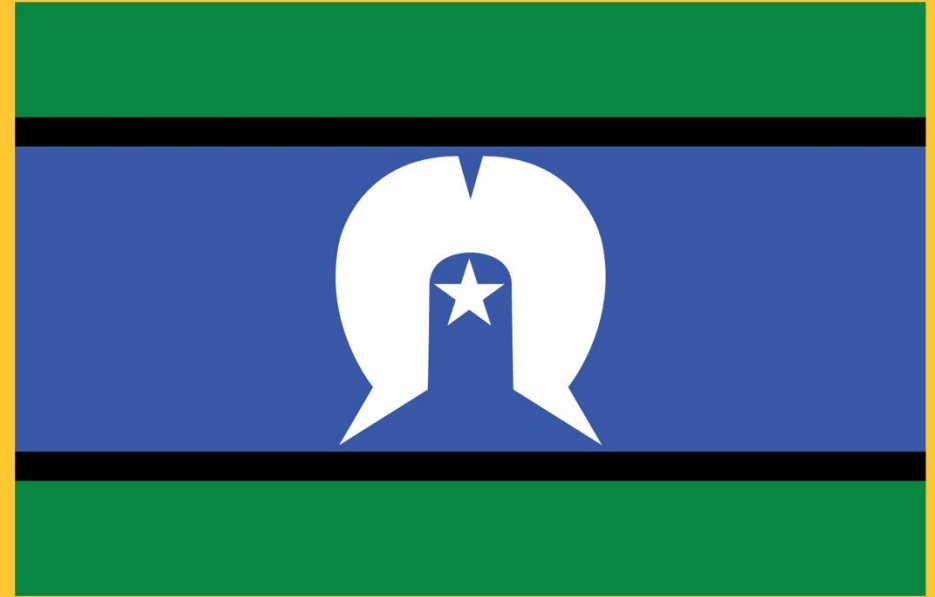


Ask

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.

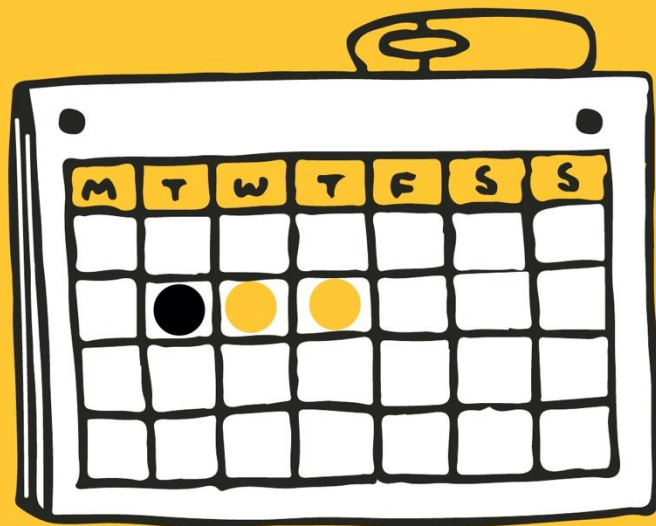
Sources: 1. ABS National Mental Health and Wellbeing Survey (2020-2022). Australian Bureau of Statistics.
2. Report to the Nation (2023) Mental Health Australia.

RUOK?[®]
A conversation could change a life.



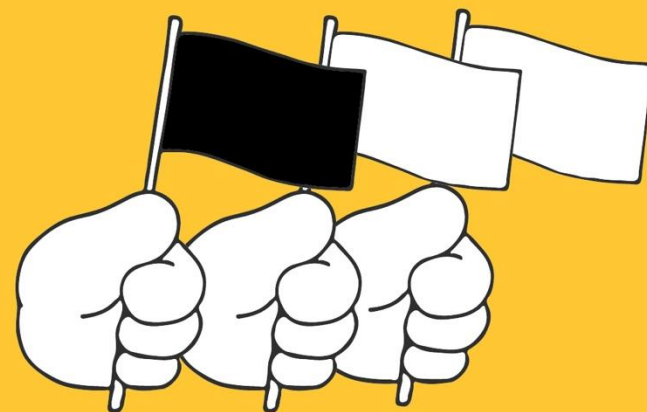
3 in 4

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

A cartoon illustration of two white, sheet-like ghosts sitting on a wooden bench. They are positioned under a tree with a thick trunk and some branches. A speech bubble originates from the ghost on the left, pointing towards the text above. The background is a solid yellow color.

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?

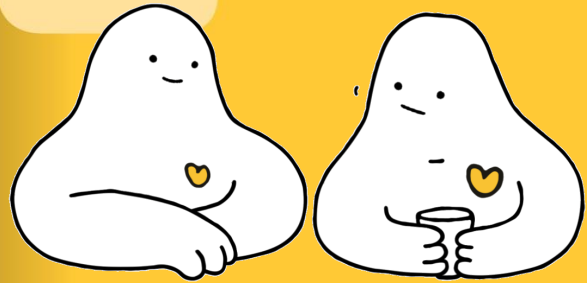


**Is this the
right time
and place?**

4 steps of an R U OK? conversation



Ask R U OK?



Listen

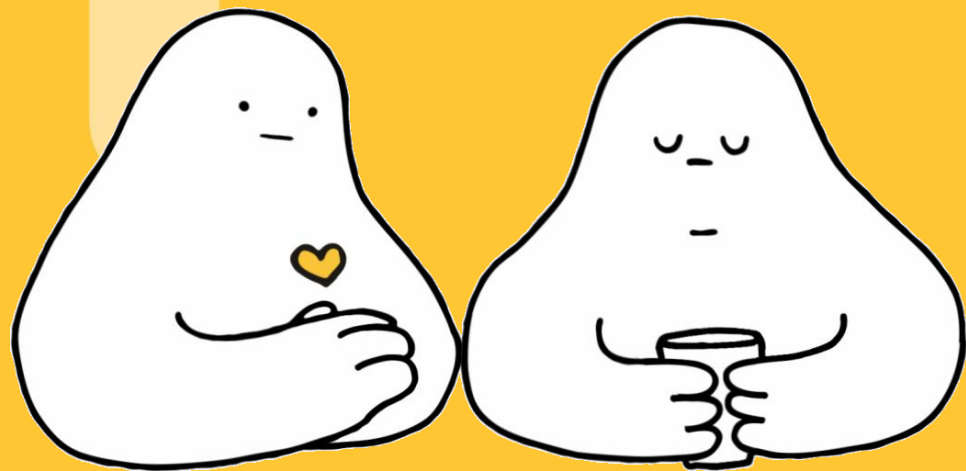


**Encourage
action**



Check in

1



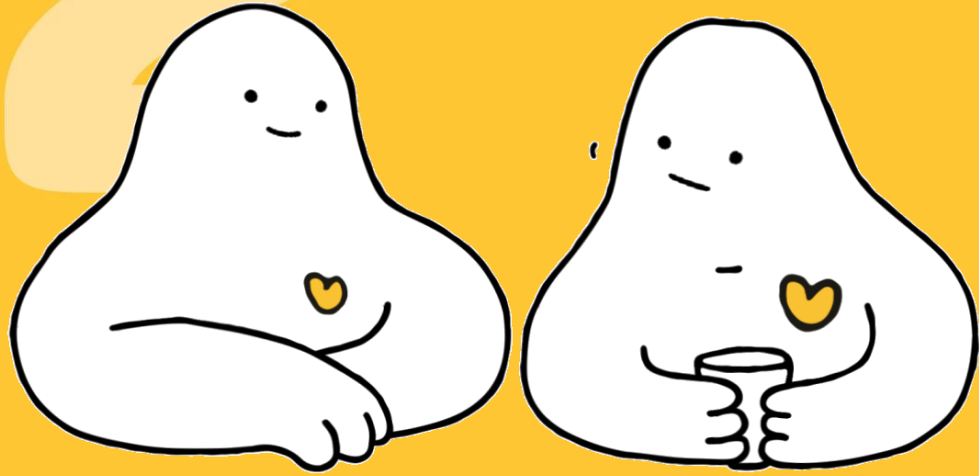
Ask R U OK?

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

Mensline

1300 78 99 78

mensline.org.au

QLife

1800 184 527

qlife.org.au

National Debt Helpline

1800 007 007

ndh.org.au

13 YARN (24/7)

13 92 76

13yarn.org.au

headspace

1800 650 890

headspace.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

1800RESPECT (24/7)

1800 737 732

1800respect.org.au

Kids Helpline (24/7)

1800 55 1800

kidshelpline.com.au

Medicare Mental Health

1800 595 212

medicarementalhealth.gov.au

Open Arms (24/7)

1800 011 046

openarms.gov.au

Suicide Call Back Service (24/7)

1300 659 467

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?

How you can get involved



Have regular,
meaningful R U OK?
Conversations with
your workmates



Recruit your
colleagues to join
Ks for R U OK?



Plan an event and
encourage your workplace
to get involved,
any day of the year



Check our online
store for
conversation starters

Visit ruok.org.au for more ideas, tips and resources

Resources to download and share



Who will you

Ask



RUOK?[®]

A conversation could change a life.