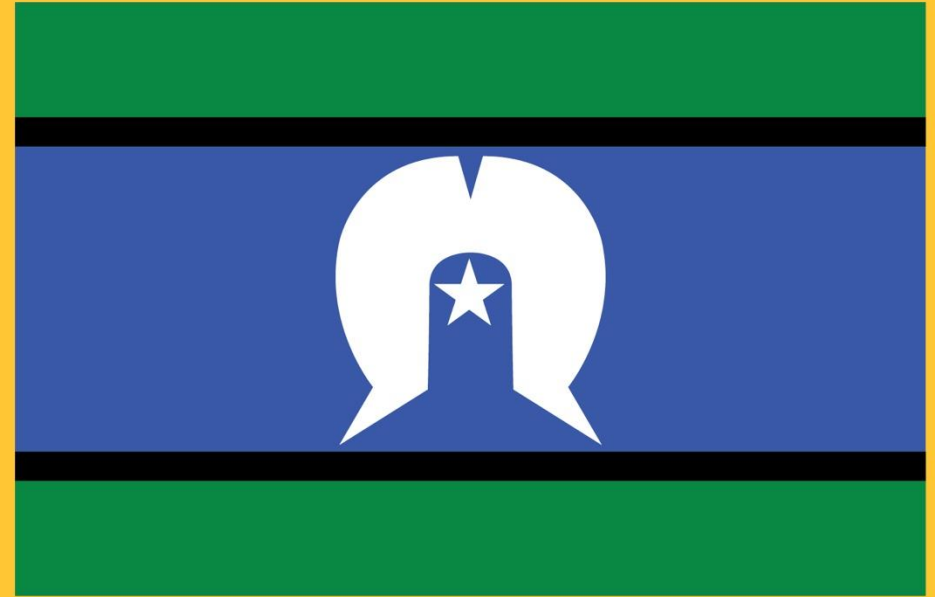


Ask

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.



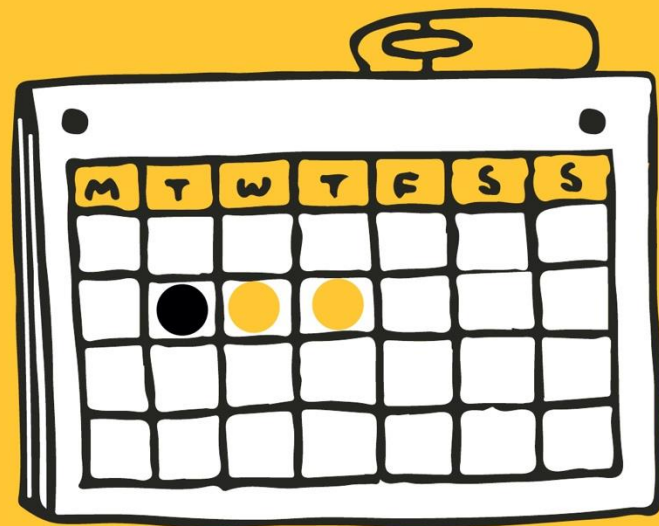
1 in 5

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



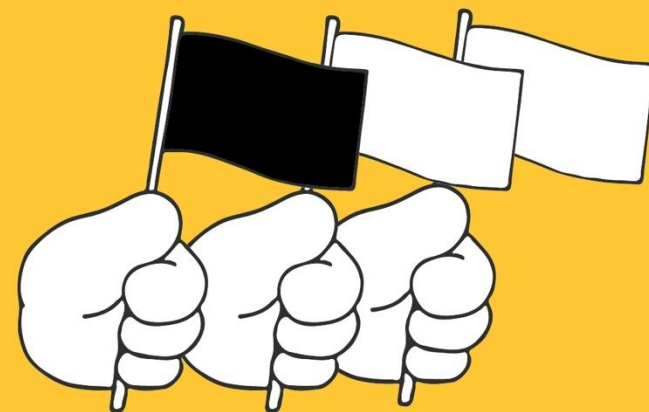
3 in 4

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?

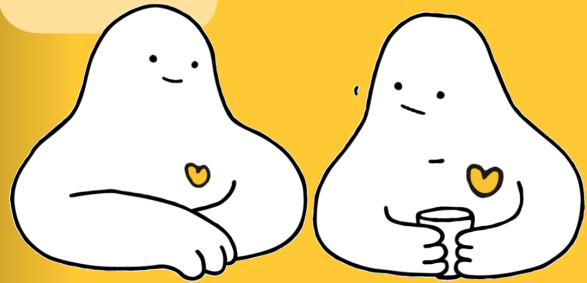


**Is this the
right time
and place?**

4 steps of an R U OK? Conversation



Ask R U OK?



Listen

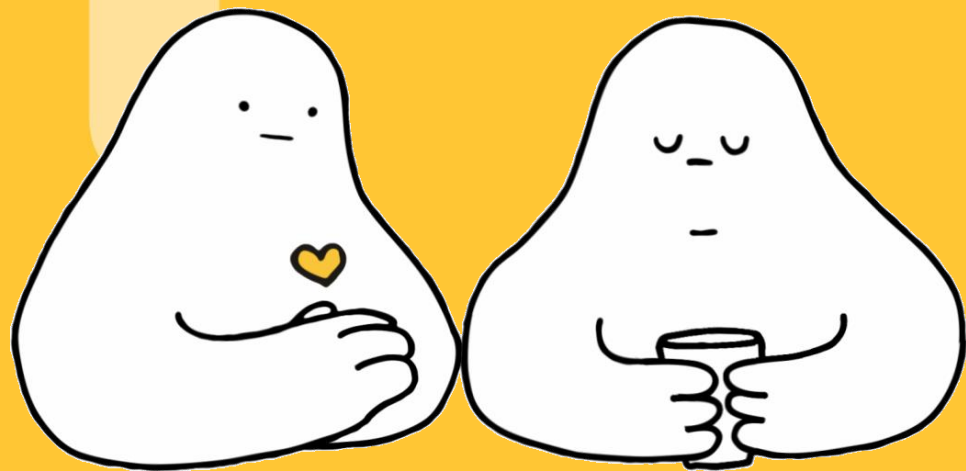


**Encourage
action**



Check in

1



Ask R U OK?

How are
you doing?

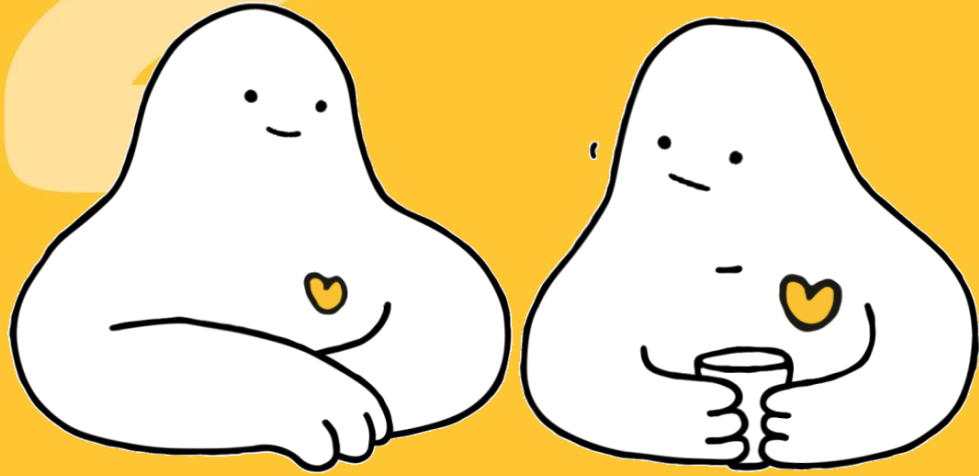
Is there
something on
your mind?

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

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

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

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?

RUOK?[®]

A conversation could change a life.

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

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 - need 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

Workplace Champions Activity planner

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

August 2025	September 2025	October 2025
Finalise plans for your R U OK? Day workplace activities (download resources, display poster, send out invites and confirm event details and speakers). Check out the Workplace Champions activity resources to help you prepare for the event.	Plan an event and encourage the people in your workplace to get behind R U OK? Day on Thursday 11 September 2025 . Invite a workplace leader to share the challenges they have faced to highlight the importance of peer support.	It's Mental Health Month and 16 October 2025 is World Mental Health Day. Share a positive light on mental health and encourage more life-changing conversations in your workplace.
November 2025	December 2025	January 2026
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?'.	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.	Kick off the New Year with connection and conversation activities. Check the R U OK? website for tips and resources you can use all year round.
February 2025	March 2025	April 2025
Plan a Lunch & Learn or Toolbox Talk to build the team's confidence to ask, 'are you OK?'. Remind everyone that a conversation could change a life.	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.	Organise a coffee catchup or a walk and talk with a workplace. Check in with each other and meaningfully connect. The R U OK? Workplace Champions will have key messages that can be dropped directly into your organisation's communication channels.
May 2025	June 2025	July 2025
Consider holding your own event, or toolbox talk and use the R U OK? conversation cards to encourage meaningful conversations with your workforce. Visit ruok.org.au/resources to learn more.	International Mental Health Week is being marked from 16-24 June 2025 . Encourage those around you to get involved and ask, 'are you OK?'.	Start planning for 2025 R U OK? Day, Thursday 10 September . Visit ruok.org.au/ruday for updates. 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.

Click here to get started 

Your interactive guide to supporting R U OK?

R U OK?
A conversation could change a life.

Who will you

Ask



RUOK?[®]

A conversation could change a life.