

# Activity planner

A monthly reminder of practical ways to encourage asking **R U OK? Any Day** in your workplace, school, community or sporting club, because **if you're thinking it – ask it.**

## August 2026

The countdown to **R U OK?Day** is on. Discover our free resources and start thinking about how you'll get people talking. It could be as simple as putting up a few posters, sharing a video or organising a morning tea.

## September 2026

### Make time for **R U OK?Day** on Thursday, 10 September.

Put the kettle on, fire up the BBQ or head out for a walk together. This year, **World Suicide Prevention Day** also falls on 10 September, making it an important reminder to reach out.

## October 2026

Keep the conversations going after **R U OK?Day**. Get involved in **Ks for R U OK?** for **World Mental Health Day (10 October)** and invite a few mates or workmates to join you. A walk is often the perfect excuse to have a chat.

## November 2026

Before the end-of-year rush really kicks in, make time for someone you haven't caught up with in a while. Give them a call, grab a coffee or send a message to see how they're travelling.

## December 2026

The holidays aren't easy for everyone. Invite someone over for lunch, check in on a neighbour or give a friend who's working through the break a call. Small gestures can make someone feel remembered.

## January 2027

Rather than making resolutions, plan to stay connected with the people who matter to you. Catch up over coffee, organise a picnic or simply ask someone how they're settling into the year. Starting with a conversation can set the tone for the months ahead.

## February 2027

As everyone goes back into work, school and routines, don't just ask about deadlines or weekend plans. Take a moment to ask how someone's really going and keep the conversation going.

## March 2027

**Harmony Week (15–21 March)** is a chance to connect with someone whose experience might be different to your own. Share lunch, swap stories or invite people to bring a favourite dish to work. Getting to know each other better helps build stronger connections.

## April 2027

Organise a coffee catchup with a mate or brunch with a family member that you haven't connected with in a while. Check in with each other and meaningfully connect.

## May 2027

Pick a reason to get together. A Friday morning coffee run, lunchtime walk or shared morning tea can create the kind of everyday moments where meaningful conversations happen naturally.

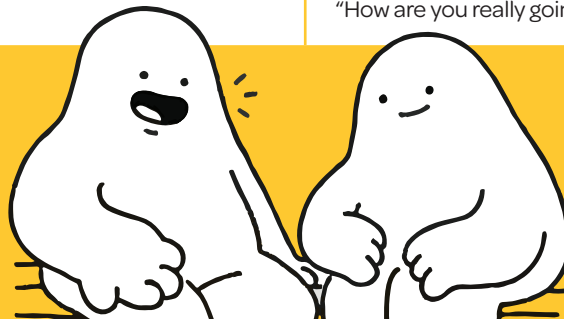
## June 2027

During **Men's Health Week (15–21 June)**, encourage the men in your life to catch up. Whether it's a walk, gym session, coffee or watching the footy together, everyday catchups can make it easier to ask, "How are you really going?".

## July 2027

Start thinking about **R U OK?Day** now. Ask a few people to help organise something, share resources with your team and get everyone involved early. The more people on board, the bigger the impact.

For more ideas and resources  
visit [ruok.org.au](https://ruok.org.au)



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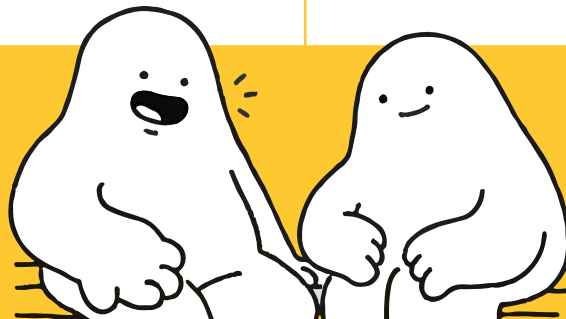
April 2027

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