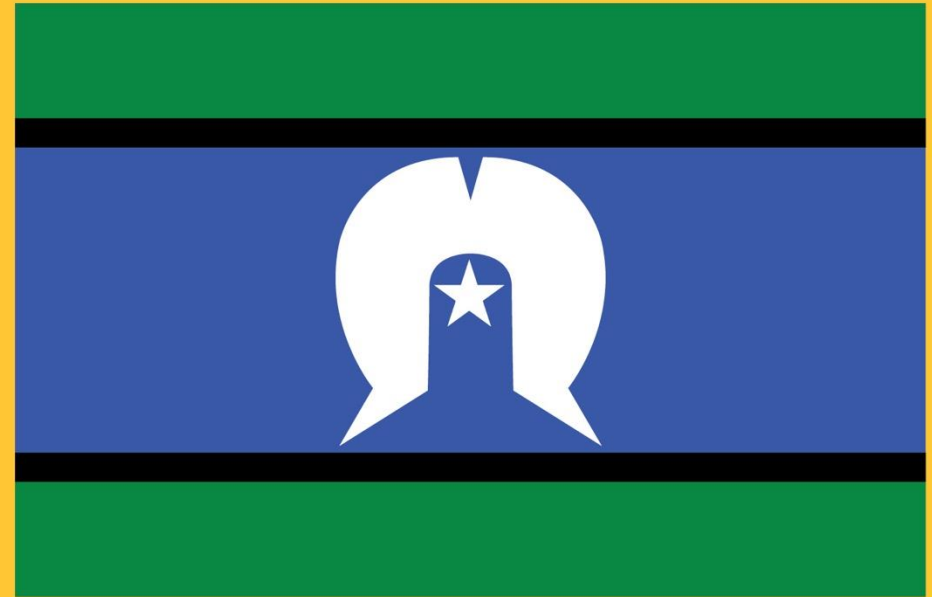


Ask
RU OK?®
ANY DAY

Insert school name
Insert school year



Acknowledgement of Country



Content advice

This presentation may contain references to content that may be distressing for some audiences.

Who is R U OK?

R U OK? is a harm prevention charity that encourages people to **stay connected and have conversations** that can help others through difficult times in their lives.

*'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



Life happens every day



Procrastination



Exams and academic pressure



Self esteem



Money



Mental ill health



Sexuality and gender



Online behaviour



Bullying

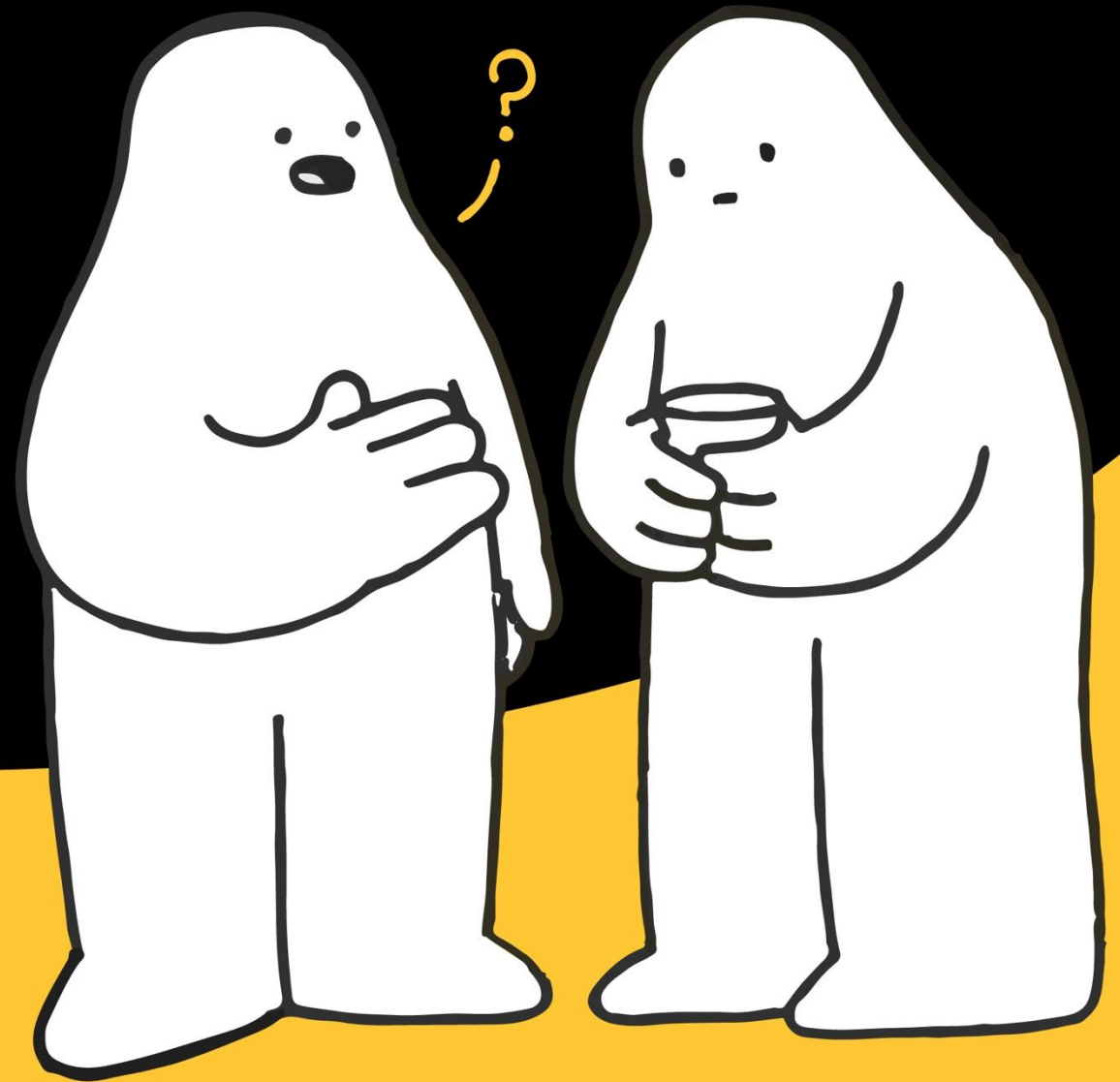


Grief and loss



Uncertainty about the future

... but being able
to talk it through
can really help.



How to have an R U OK? Conversation



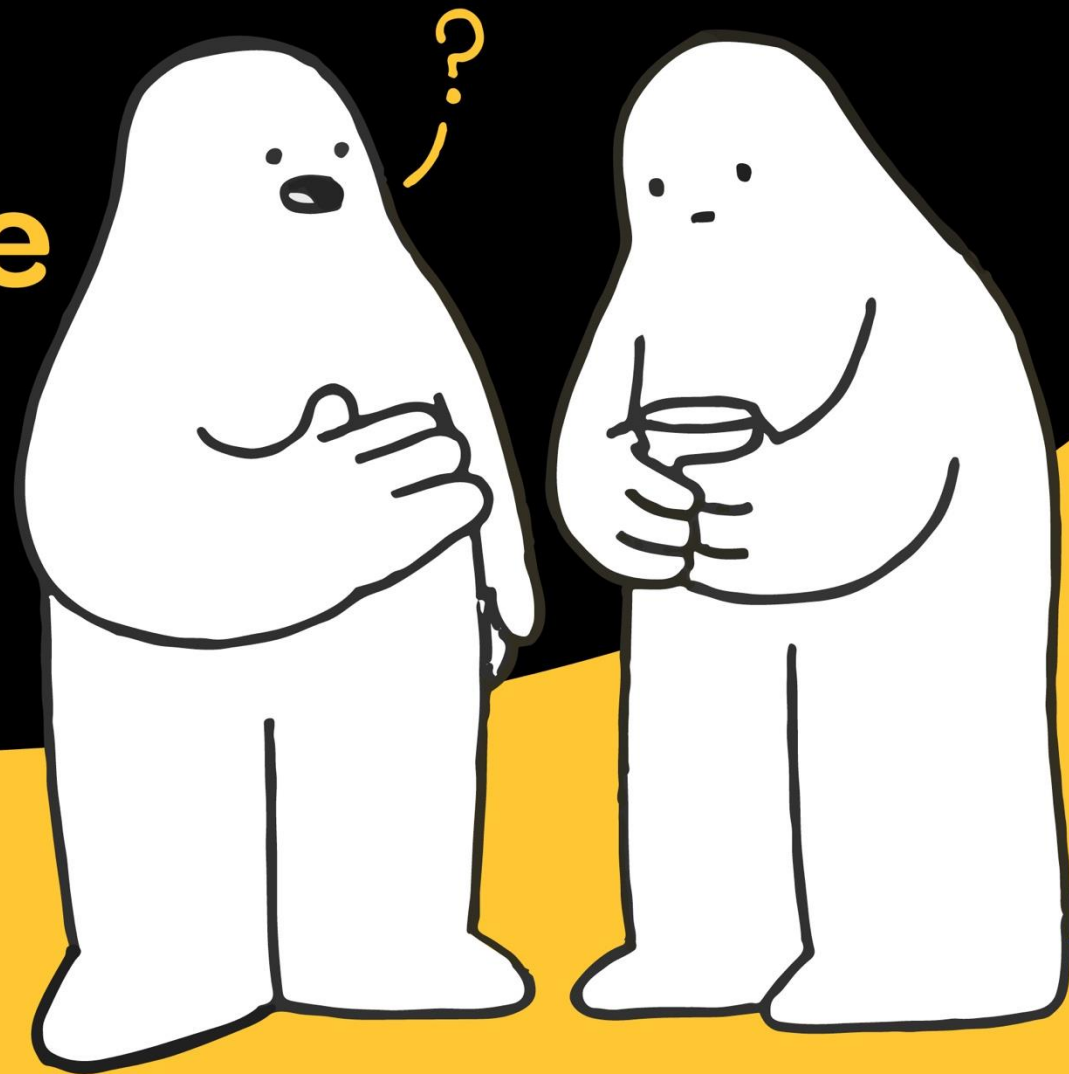
What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

**You don't have to
wait until someone
is struggling.**

**Ask early.
Ask often.**





● If you're thinking it...

Ask

RU  OK?®

 ANY DAY

Am I ready?



Am I prepared?

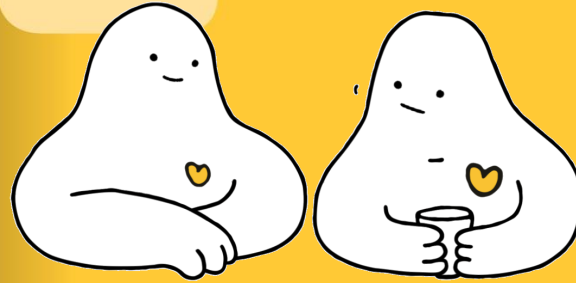


**Is this the
right time
and place?**

4 steps of an R U OK? Conversation



Ask R U OK?



Listen

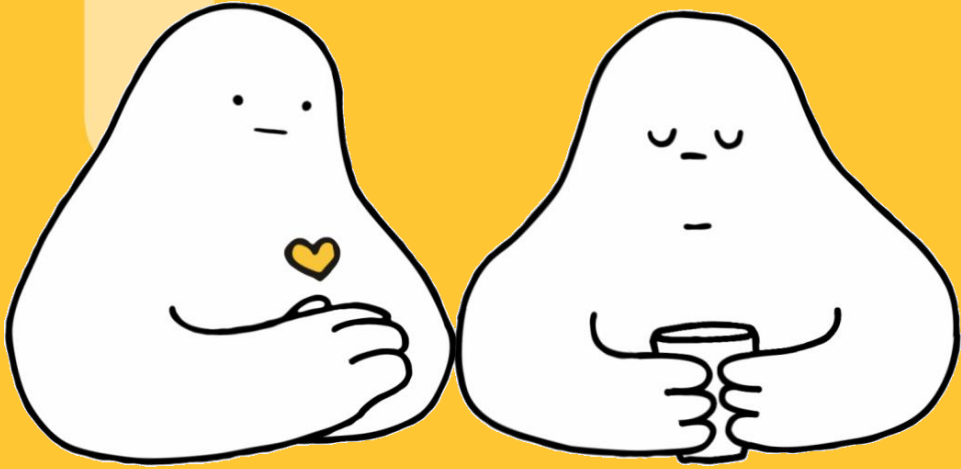


**Encourage
action**



Check in

1



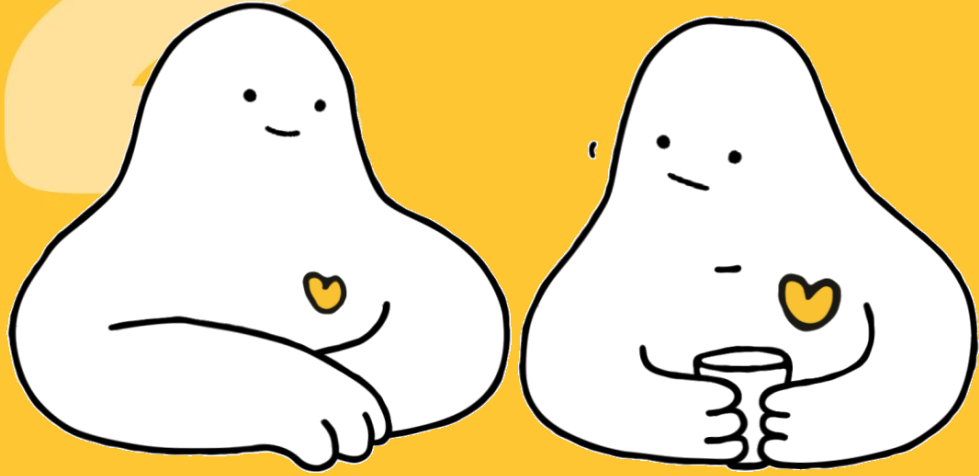
Ask R U OK?

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

13 YARN (24/7)

Support phone line for
Aboriginal and Torres
Strait Islander people.

13 92 76

13yarn.org.au

Kids Helpline (24/7)

Confidential phone and online
counselling service for young
people aged 5-25.

1800 55 1800

kidshelpline.com.au

headspace

Community centres, online
and phone counselling services
for young people aged 5-25.

1800 650 890

headspace.org.au

Head to Health

Directory of mental
health organisations
and services.

1800 595 212

headtohealth.gov.au

Qlife

Confidential home
and online LGBTI
support and referral.

1800 184 527

qlife.org.au

Beyond Blue (24/7)

Advice, referral and
support from trained
mental health professionals.

1300 224 636

beyondblue.org.au

Ways to access support

24/7 SERVICES	PHONE	WEBCHAT	TEXT
 Lifeline			
 Beyond Blue			
 kids helpline anytime.any reason.			
 13 YARN			

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?

For more conversation tips, head to ruok.org.au/friendbetter



#FriendBetter
with **RUOK?**[®]



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

Personal reflection

- Who will you reach out to after this session?
- What is a self care action you can take over the next few days?

