

Ask

R U OK?[®]

ANY DAY

**Your R U OK? 2026
Presentation Guide**

Learn when and how to ask
at ruok.org.au

R U OK?[®]
A conversation could change a life.

How to give a presentation to share the message:

Ask R U OK? Any Day

This guide will help you deliver an engaging and meaningful R U OK? presentation using our PowerPoint template.

You don't need to be an expert or have all the answers. The most important thing is to be yourself, speak naturally, and help people feel more confident to notice the signs that someone may be struggling and ask, 'are you OK?'.

Take some time to familiarise yourself with the presentation beforehand so you feel comfortable, confident and can enjoy sharing the message.



Presentation tips

- Be yourself. People connect with authenticity more than a polished presentation.
- Keep it conversational rather than reading from the slides.
- Speak from the heart and use your own words wherever possible.
- Make eye contact and invite your audience into the conversation.
- Take your time. Pausing gives people space to reflect.
- If you're presenting online, don't be afraid of silence. Give people time to think or type questions.
- Remember, you don't need to have all the answers. You're encouraging people to notice, reach out and start a conversation.
- Use safe language throughout your presentation. Refer to the [Mindframe](#) guidelines.
- For guidance on creating a safe environment, visit the [R U OK? Duty of Care](#) webpage.
- Reach out to the Ambassador Program Manager or another Ambassador if you need some advice on how to speak to a certain section or wish to practice it with someone.

Presentation structure

1. Engage your audience (1–2 minutes)

Start with a personal story. Share a time someone checked in on you, or when you checked in on someone else, and why it mattered.

2. Introduce yourself (1 minute)

Tell people who you are, why you're presenting today and why supporting R U OK? matters to you.

3. Explain why everyone is here (1 minute)

Let your audience know that by the end of the presentation, you hope they'll feel more

confident to notice when something doesn't seem right, trust their instincts and ask, "Are you OK?" any day of the year.

4. Guide people through the conversation

Use the PowerPoint slides to explain when and how to have an R U OK? Conversation. Familiarise yourself with the content beforehand, but don't feel like you need to stick to a script. Using your own words will help your presentation feel more genuine and engaging.

5. Wrap up

Thank everyone for their time and encourage them to think of one person they could check in with this week. If you're thinking it, ask R U OK? Any Day

Ask R U OK? Any Day

Presentation Speaking Notes



Slide 1

- Start the presentation by introducing yourself.
- When it comes to sharing your own story, it's completely up to you. You may choose to share it at one point in the presentation or weave it throughout, whichever feels most natural.

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Presentation Speaking Notes

Acknowledgement of Country



Slide 2

Acknowledgement of Country

Before giving the presentation, learn the name/s of the Indigenous peoples and the name of the land in which you're giving your presentation. E.g., In metro-Sydney, the Gadigal People of the Eora Nation.

It doesn't have to be long, don't rush and try to deliver with authenticity.

- *I acknowledge the Traditional Owners of the land on which we are meeting today and pay my respect to Elders past and present.*

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Presentation Speaking Notes

Content advice

This presentation includes discussion of suicide.



Slide 3

Recognition of lived experience

- I'd also like to take this moment to recognise those with lived or living experience of mental ill-health or suicide.
- Sometimes talking about mental health and wellbeing can bring up tough emotions. If today's talk brings anything up for you, it's OK to excuse yourself.
- If you need some extra support, I strongly encourage you to open-up to someone you trust, connect with a trusted health professional, or access a support service like Lifeline which is available 24/7 on 13 11 14.
- You can find other services and support organisations on the R U OK? website at ruok.org.au/findhelp.

If available and relevant you can also:

- Identify the location of a quiet/safe space people can go to if they need to excuse themselves.
- Mention information about how to access the Employee Assistance Program (EAP) or any other support person/services that may be in attendance.

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Presentation Speaking Notes



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- R U OK? was founded by Gavin Larkin in 2009 after his family experienced the loss of his father, Barry, to suicide.
- Gavin believed that in the time it takes to share a cuppa, you could start a conversation that might change a life.
- Today, research continues to show that feeling connected and supported is one of the strongest protective factors against suicide.

Ask R U OK? Any Day

Presentation Speaking Notes

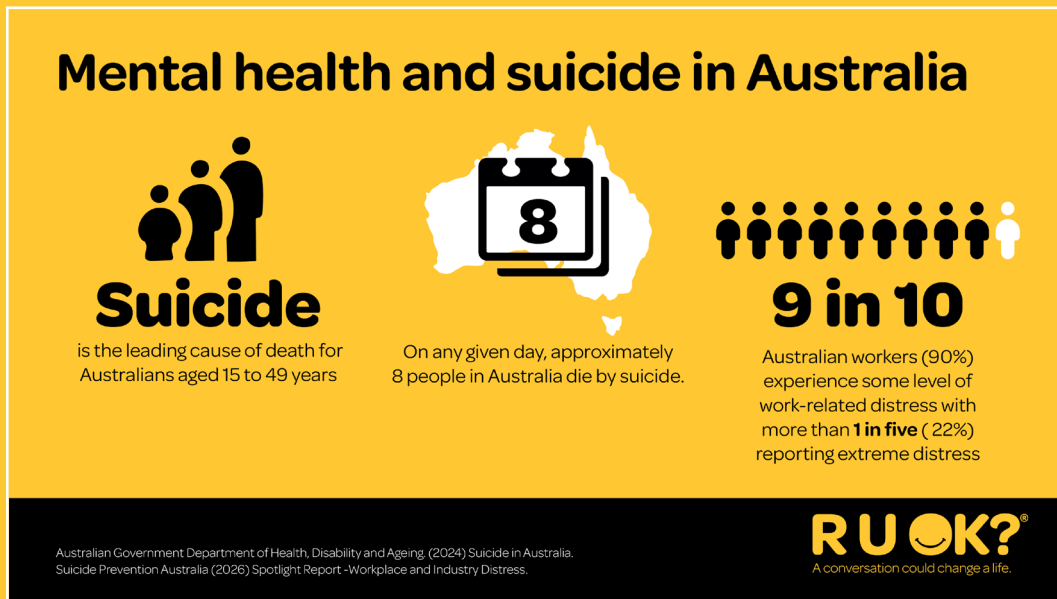


Slide 5

- **Thursday 10 September is R U OK?Day, Australia's National Day of Action. It's a reminder that we all have a role to play in helping the people around us feel connected and supported.**
- While R U OK?Day emphasises on the power of meaningful conversations, the message goes beyond just one day. Life's ups and downs can happen at any time, which is why we encourage everyone to Ask R U OK? Any Day.
- Taking the time to check in, listen and stay connected can make a real difference. By making these conversations part of everyday life, we can help create communities, workplaces and social groups where people feel supported and less alone.

Ask R U OK? Any Day

Presentation Speaking Notes

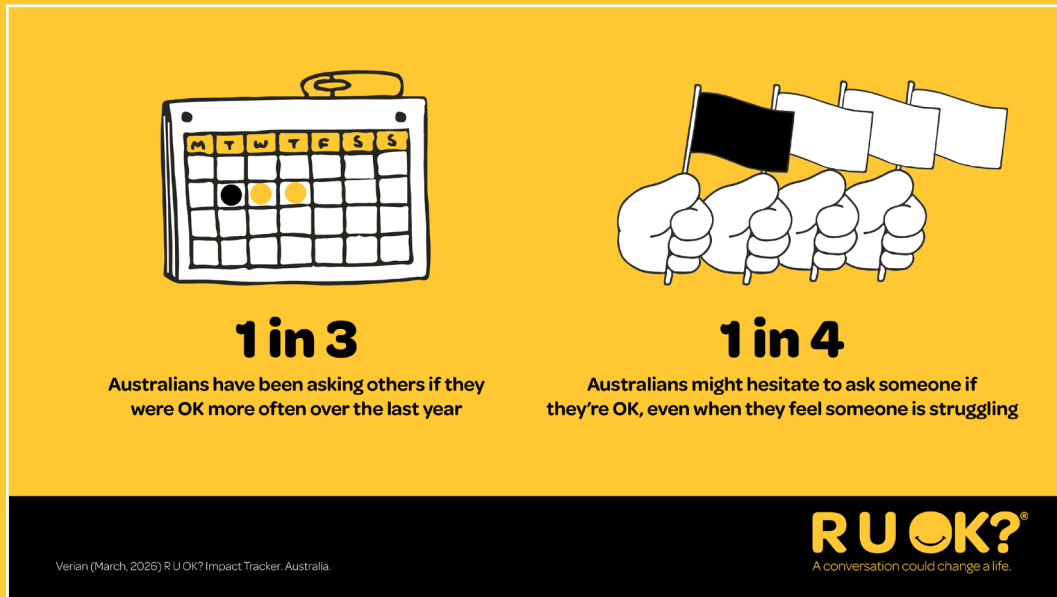


Slide 6

- Every day, many Australians are dealing with challenges we can't always see.
- Suicide remains the leading cause of death for Australians aged 15–49.
- Around nine in ten Australian workers experience work-related stress, and one in five report experiencing extreme distress.
- Financial pressure, relationship changes, illness, grief, caring responsibilities and pressure at work can all affect how someone is coping.
- That's why checking in shouldn't be reserved for one day of the year.

Ask R U OK? Any Day

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- The good news is that more Australians understand the importance of checking in with the people around them.
- One in three Australians say they've been asking people if they're OK more often over the past year.
- But one in four report that they might still hesitate to ask, even when they think someone might be struggling.
- That's why this year's message is so simple: **If you're thinking it, ask R U OK? Any Day. Because a conversation can change a life.**

Ask R U OK? Any Day

Presentation Speaking Notes

Main barriers 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

Verian (March, 2026) R U OK? Impact Tracker, Australia.

R U OK?
A conversation could change a life.

Slide 8

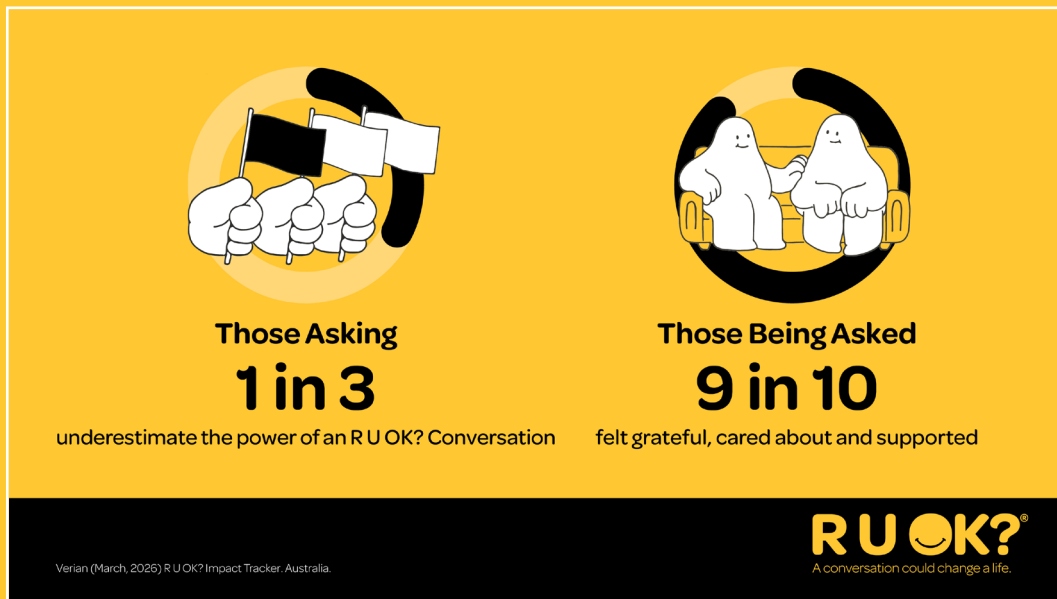
- If asking “Are you OK?” is so important, why do we sometimes hesitate?
- Many of us worry we’ll say the wrong thing, make things worse, invade someone’s privacy or not know what to do next. Others worry about how someone might respond.
- These feelings are completely normal, but they shouldn’t stop us from reaching out.

Optional audience question

What are some reasons you’ve hesitated to ask someone if they’re OK?

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- We often underestimate the difference a simple conversation can make.
- Nine in ten people say they felt cared for, supported and grateful when someone checked in with them.
- You don't need the perfect words. Simply showing someone you've noticed can make a real difference.

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Slide 10

- The good news is that more Australians understand the importance of checking in with the people around them.
- One in three Australians say they've been asking people if they're OK more often over the past year.
- But one in four still hesitate, even when they think someone might be struggling.
- That's why this year's message is so simple: **If you're thinking it, ask it.**

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Slide 11

- There's not just one sign that tells us someone isn't coping.
- Sometimes the changes are obvious. Sometimes they're subtle.
- Someone might seem quieter than usual, more withdrawn, distracted or overwhelmed. Sometimes it can be the opposite, e.g. they're going out after work all the time. It's about looking for a change in their world, words or behaviour.
- Or maybe nothing obvious has changed – you just have a feeling something isn't right.
- Trust your instincts. If you're thinking it, ask it.

Ask R U OK? Any Day

Presentation Speaking Notes



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- Play this short video explaining the **'Ask R U OK? Any Day'** message.
- You can find the video here: <https://vimeo.com/977187614/38dfbcc58e>.
- Download it beforehand if you know you won't have Wi-Fi access.

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Slide 13

- Now we're going to talk through the steps of an R U OK? Conversation.

Ask R U OK? Any Day

Presentation Speaking Notes



Slide 14

So, when should you ask R U OK?

- Whenever you notice a change in what someone is saying or doing, or you know they're going through something that could be affecting how they're coping.

Optional audience question

What are some examples of signs that could indicate someone needs your support?

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- Before supporting someone else, take a moment to check in with yourself.
- Are you in the right headspace to really listen?
- Have you set aside the time you might need for the conversation?
- Have you chosen somewhere comfortable and relatively private?
- It might be more comfortable for the person to be side-by-side with you (e.g. walking together or sitting in the car) rather than face-to-face.
- Remember, you don't need to solve someone's problems. Your role is to listen, show you care and help them think about what support might help next.

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R U OK? uses a simple, easy to remember, four-step conversation guide called **ALEC**:

- **A**sk R U OK?
- **L**isten
- **E**ncourage action
- **C**heck in

Ask R U OK? Any Day

Presentation Speaking Notes



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Step one: Ask R U OK?

- Start by letting the person know you've noticed something has changed.
- Ask in a way that feels natural for your relationship.

Examples

- "I've noticed you don't seem yourself lately. How are things going?"
- "I know there's been a lot happening for you recently. How are you managing?"
- "You seem a bit quieter than usual. Want to talk about it?"
- If they don't want to talk, that's OK. Let them know you're there whenever they're ready.
- Remember: If you're thinking it, ask it.

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Step two: Listen

- Listen with an open mind and without judgement.
- Resist the urge to jump straight into fixing the problem.
- Give the person time to think, even if that means sitting in silence.
- If you have had similar experiences, or know someone who has, it can be nice to let them know they are not alone, however keep the conversation about them and try not to 'take-over.'
- Acknowledge what they're sharing and let them know you're there for them.
- Listening isn't always easy when someone is hurting. Often, the greatest thing you can offer isn't advice - it's your time, your attention and the reassurance that they don't have to go through it alone.

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Step three: Encourage action

- Once they've shared what they're going through, you might suggest to them that they think about one small and immediate step they might be able to take to improve their situation.
- That could be talking to a trusted friend, family member, manager or health professional.
- You don't need to have the answers – you just need to help them explore what support might help.
- Ask them how you can help, it could be helping them find a good professional support, telling someone else in their life what's going on if they can't find the words easily, help them with some life admin or even just ask if you can give them a call next week to check in.

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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

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A conversation could change a life.

Slide 20

- If at any time you feel overwhelmed after supporting someone, it's important to reach out for support yourself.
- If someone needs immediate support, these services are available nationally to provide emotional and crisis support.
- If you or someone else is in immediate danger, call Triple Zero (000).

OPTIONAL ADDITION

- Before we move on, encourage everyone to take a photo of this slide to keep these support services handy. You might find them helpful if a conversation brings up concerns and someone needs extra support
- You could also mention any local services if you are aware of them (e.g. if the workplace has an Employee Assistance Program).

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- The conversation doesn't end after you ask R U OK?.
- Checking back in reminds someone know they're important and that your care wasn't just for one moment.
- A quick message, coffee or chat can make all the difference.
- Staying connected is one of the most powerful ways we can support the people around us.

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Slide 22

That's the 4 steps (remember **ALEC**):

- **A**sk R U OK?
- **L**isten
- **E**ncourage action
- **C**heck in

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Resources to download and share



Slide 23

Here are some of the resources available, including conversation guides, posters, social tiles and activities to help keep the message going all year.

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Presentation Speaking Notes



Slide 24

- Thank you for your time today.
- I'd encourage you to think about who you can regularly check in with and ask R U OK? Any Day.

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A conversation could change a life.

ruok.org.au