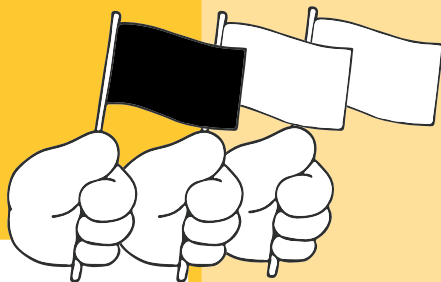


If you're thinking it...

Ask

RU OK?®

ANY DAY

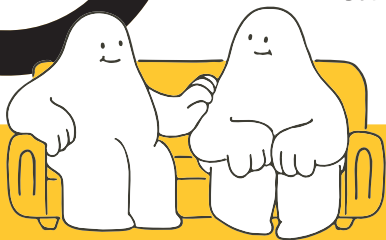


1 in 3

people underestimate
the power of an
R U OK? Conversation.

90%

of people who were asked,
"are you OK?" felt grateful,
cared about and supported.



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

Show someone you care. Start the conversation and be there to listen.

Visit ruok.org.au