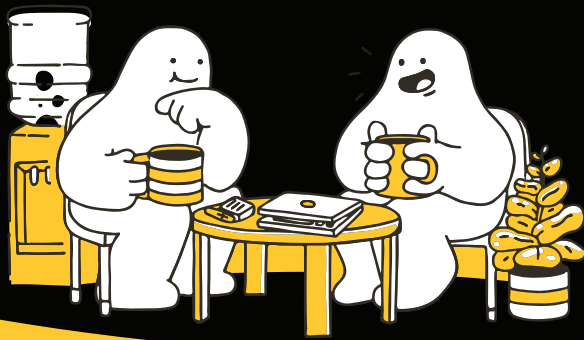




Workplace Champions Activity planner

Practical ways to encourage regular conversations in your workplace.
If you're thinking it, Ask R U OK? Any Day.

August 2026	September 2026	October 2026
Build awareness ahead of R U OK?Day. Download free resources, put up posters and order merchandise as conversation starters. Connect with others during International Loneliness Week (3–9 August) and Wear It Purple Day (28 August).	Mark R U OK?Day, on Thursday 10 September with a simple activity like our R U OK? Pledge Wall. This year, World Suicide Prevention Day also falls on 10 September, making it an especially meaningful time to connect.	It's Mental Health Month. Get your workplace involved, connect with your colleagues and choose your own challenge in Ks for R U OK?.
November 2026	December 2026	January 2027
As the end of the year approaches, check in with someone who might appreciate a conversation. Our <i>'How to ask R U OK? at Work'</i> guide has practical tips on how to spot signs that someone is struggling and check in.	The festive season can be joyful, but it can also be challenging. Download our Holiday Resources and encourage your team to look out for one another.	The New Year is the perfect time to reconnect. Create opportunities for your team to come together and make meaningful conversations part of the year ahead.
February 2027	March 2027	April 2027
Host an R U OK? themed Lunch & Learn or Toolbox Talk to build your team's confidence to start an R U OK? Conversation that could change a life.	Bring people together, share stories and celebrate diversity in your workplace to celebrate Harmony Week (15–21 March). Invite an R U OK? Community Ambassador or lived experience speaker to share their story.	World Day for Safety and Health at Work (28 April) is a reminder that psychological safety matters too. When people meaningful check in with each other, it helps build a culture where people feel safe to speak up and seek support.
May 2027	June 2027	July 2027
Learn the 4 Steps of an R U OK? Conversation using the R U OK? At Work e-learning module or start a conversation with someone at work using the R U OK? Playing Cards with Conversation Starters.	Men's Mental Health Week (7–13 June). Encourage people to check in on the men in their lives and remind them where to find support if they need it.	NAIDOC Week (4–11 July). Download our Stronger Together resources and support conversations with people who identify as Aboriginal and Torres Strait Islander.

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R U OK?® ANY DAY



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