

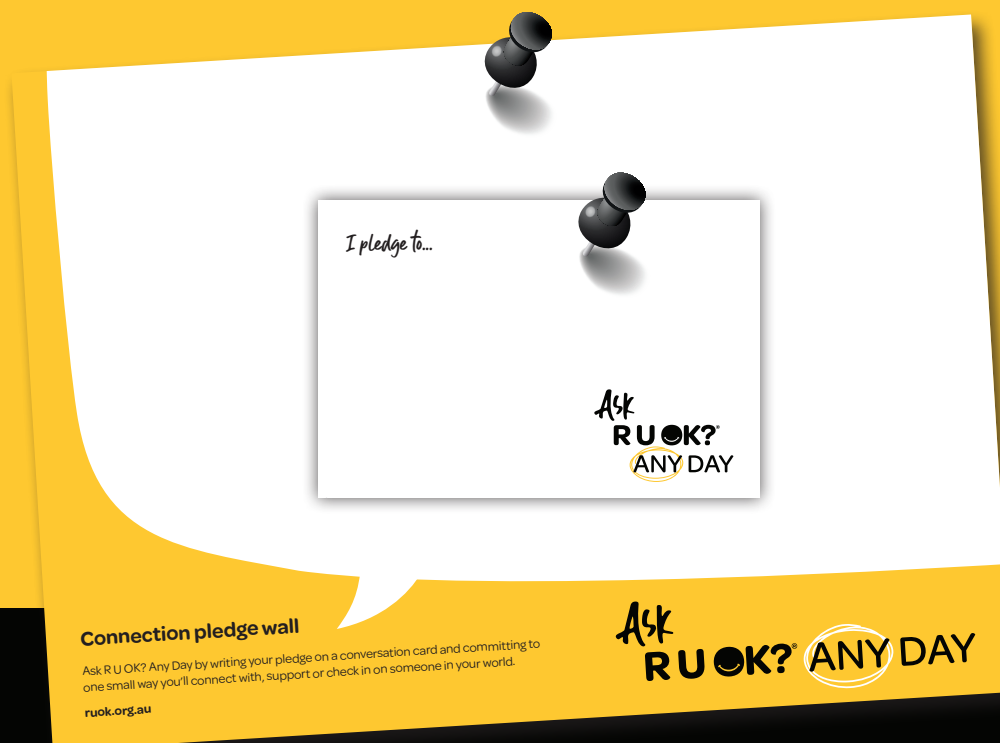
# Ask R U OK?<sup>®</sup> ANY DAY

## Create your own connection pledge wall

Print the template below and invite staff to write their pledge on a conversation card. Encourage them to share one small way they'll connect, support or check in on someone in their world.

Remember, every conversation has the power to make a difference.

**If you're thinking it, Ask R U OK? Any Day**  
and help make connection part of everyday life.



### Connection pledge wall

Ask R U OK? Any Day by writing your pledge on a conversation card and committing to one small way you'll connect with, support or check in on someone in your world.  
[ruok.org.au](http://ruok.org.au)

Ask  
R U OK?<sup>®</sup> ANY DAY

[ruok.org.au](http://ruok.org.au)

*I pledge to...*



*I pledge to...*



*I pledge to...*



*I pledge to...*



# Useful contacts

**If you are concerned for your safety or the safety of others,  
seek immediate assistance by calling Triple Zero (000).**

If you, or someone you know, is finding life tough or need some extra support,  
it can help to talk about how you're feeling with someone you trust.

Family, friends and workmates can also call the services below for advice  
and assistance on how to support someone who is struggling with life.

## Lifeline

13 11 14

[lifeline.org.au](https://lifeline.org.au)

## Beyond Blue

1300 224 636

[beyondblue.org.au](https://beyondblue.org.au)

## Suicide Call Back Service

1300 659 467 | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

Other useful contacts

More contacts  
[ruok.org.au/findhelp](https://ruok.org.au/findhelp)

