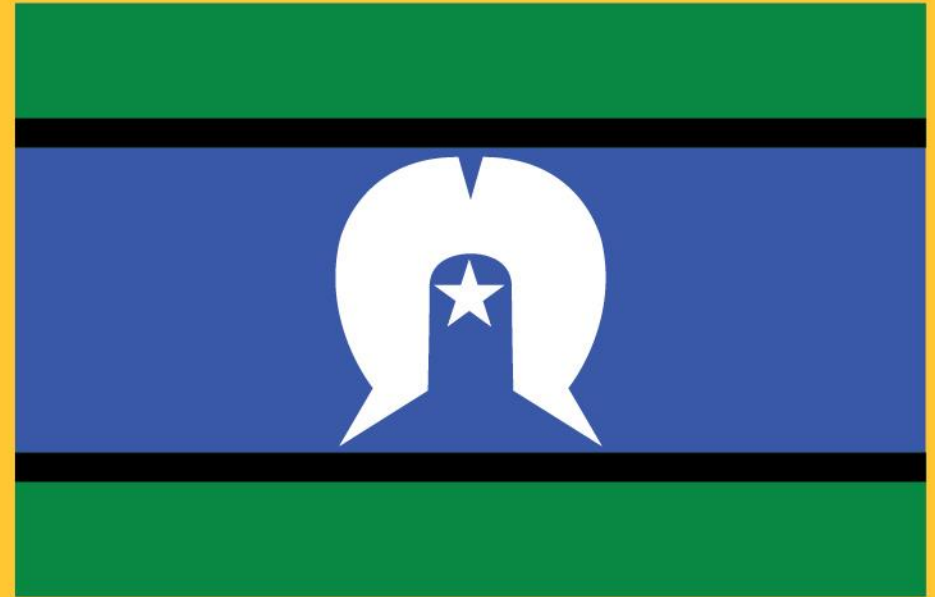


Ask

RU  OK?®

 ANY DAY

Acknowledgement of Country

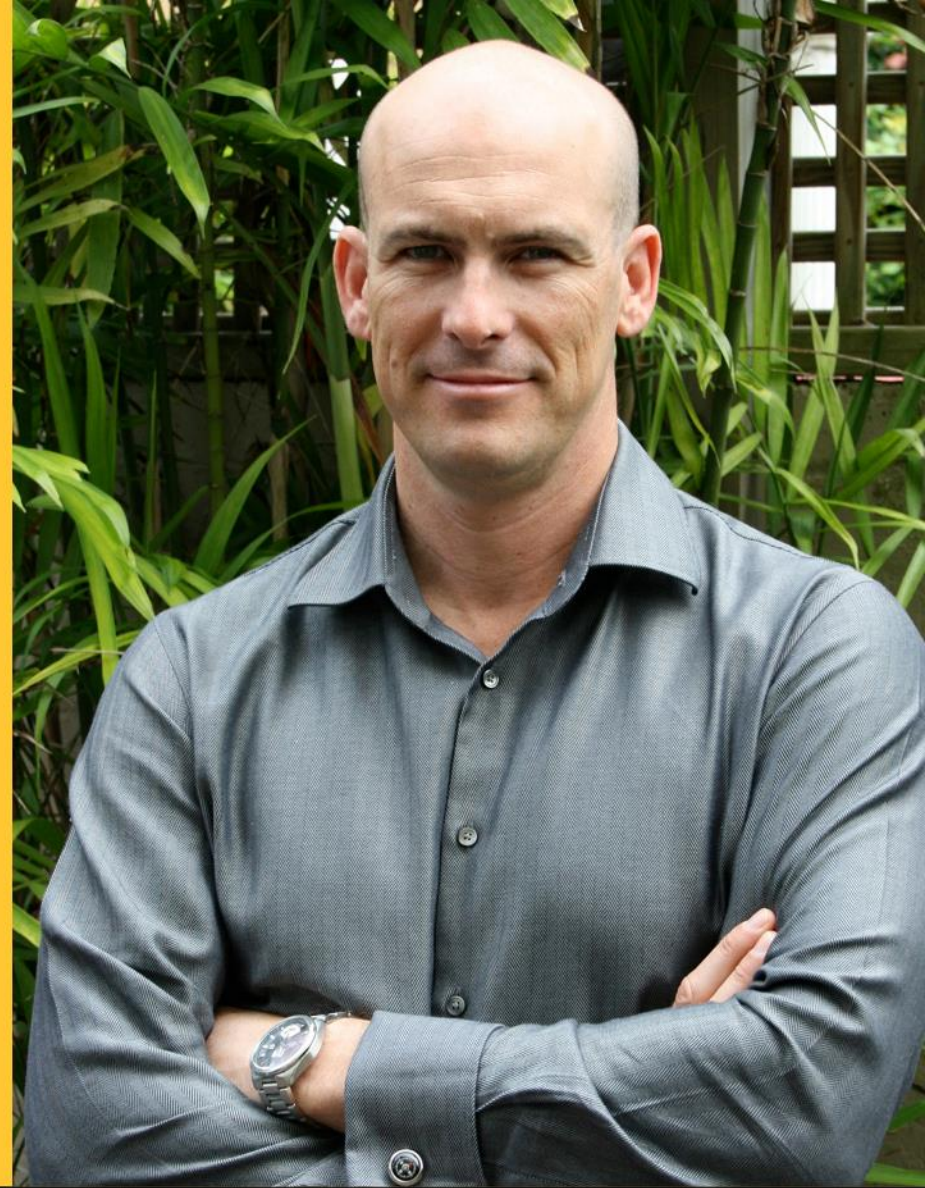


Content advice

This presentation includes discussion of suicide.

*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



Mental health and suicide in Australia



Suicide

is the leading cause of death for
Australians aged 15 to 49 years



On any given day, approximately
8 people in Australia die by suicide.



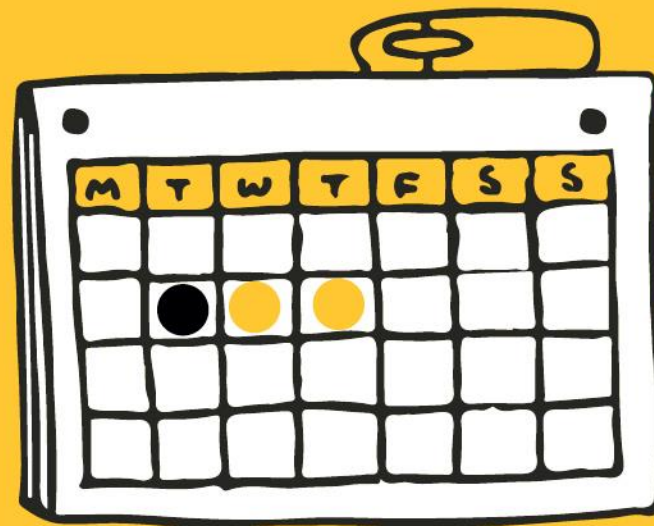
9 in 10

Australian workers (90%)
experience some level of
work-related distress with
more than **1 in five** (22%)
reporting extreme distress



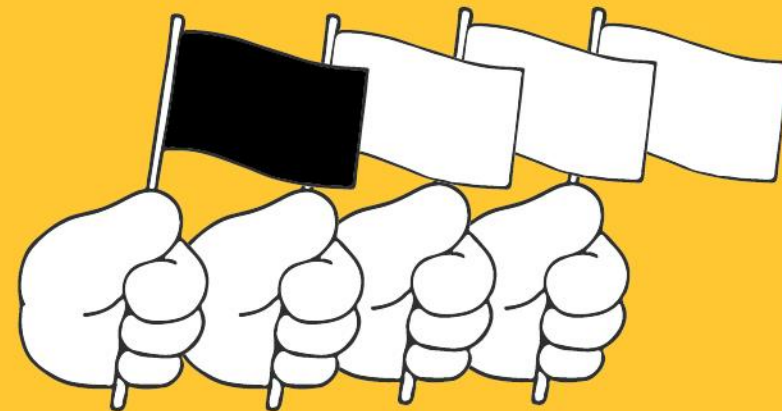
4 in 5

Australians agree it is important
to regularly ask people if
they're OK, any day of the year



1 in 3

Australians have been asking
others if they were OK
more often over the last year



1 in 4

Australians might hesitate to ask
someone if they're OK, even when
they feel someone is struggling

Main barriers to asking



**Fear of invading
someone's privacy**



**Worried about their
reaction – they might
get upset or defensive**



**Don't want to say
the wrong thing and
make it worse**



**Want to help them
but don't know how to
solve the problem**



**Don't want to
embarrass them or
make them feel judged**

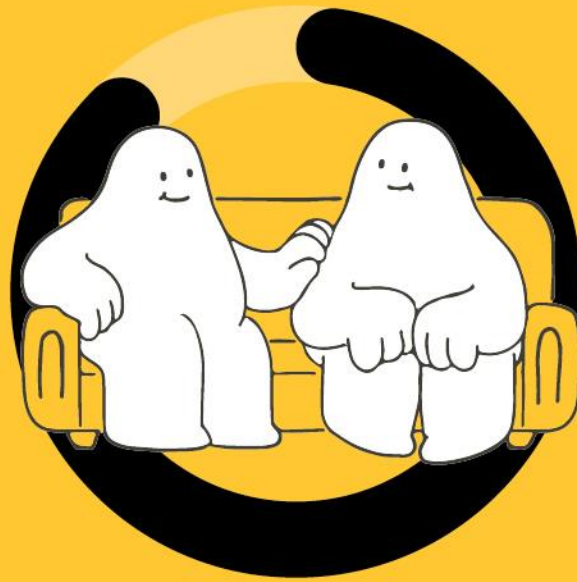


**Lack of confidence
that their actions would
improve the situation**



Those Asking
7 in 10

felt positive after asking someone if they were OK



Those Being Asked
9 in 10

felt grateful, cared about and supported

Ask

RU  K?®

 ANY DAY



● If you're thinking it...

Ask

RU  OK?®

 ANY DAY

She's
unusually
quiet in
meetings

● If you're thinking it...

Ask
RUOK?
ANY DAY

ruok.org.au

He seems
distracted
and
withdrawn

● If you're thinking it...

Ask
RUOK?
ANY DAY

ruok.org.au

They seem
overwhelmed
by simple
tasks

● If you're thinking it...

Ask
RUOK?
ANY DAY

ruok.org.au

How to have an R U OK? Conversation



What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

Am I ready?



Am I prepared?

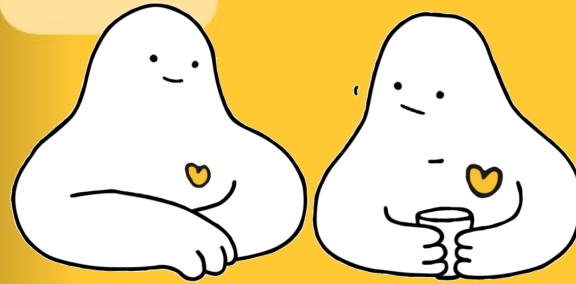


**Is this the
right time
and place?**

4 steps of an R U OK? Conversation



Ask R U OK?



Listen

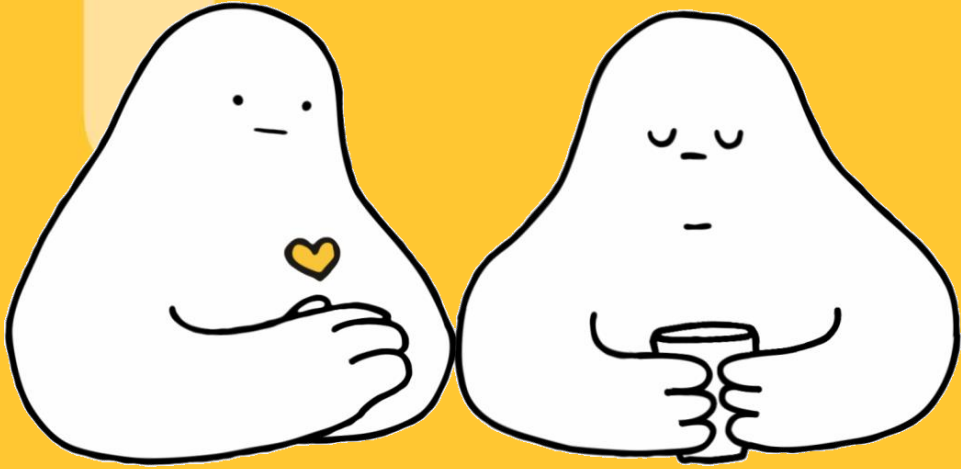


**Encourage
action**



Check in

1



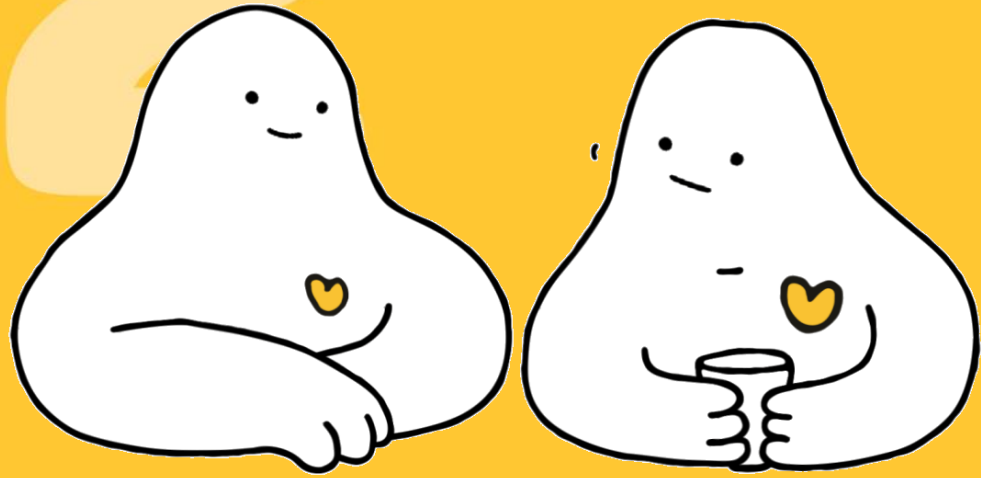
Ask R U OK?

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

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

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?

What we know works

- Create safe spaces for people to talk
- Be prepared and confident to start the conversation
- Encourage peer-to-peer support
- Know your team
- Lead by example
- Embed check-ins as a core behaviour from day one
- Never underestimate the power of "hello"
- Create moments that build connection
- Make support easily accessible.



How you can get involved



Have regular,
meaningful R U OK?
Conversations with
your workmates



Join a fundraising
challenge, such
as Ks for R U OK?



Plan an event and
encourage your workplace
to get involved,
any day of the year



Check our online
store for
conversation starters

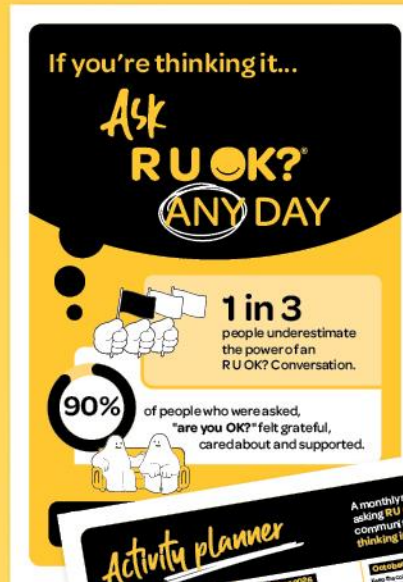
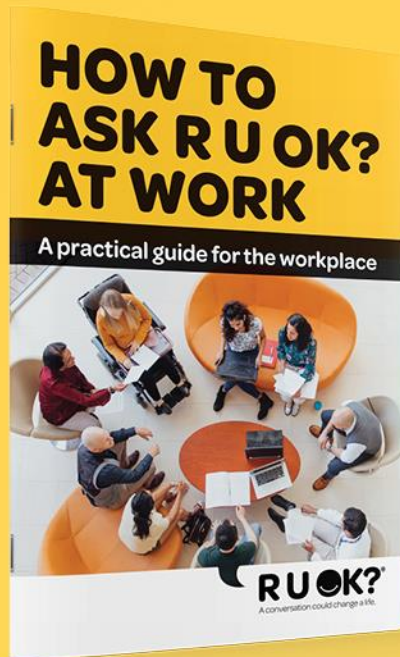
Visit ruok.org.au for more ideas, tips and resources

New for R U OK?Day 2026

- Get organised videos
- New workplace resources
- Posters, social tiles and more
- Presentation templates
- Accessible content (Auslan)



Resources to download and share



R U OK?
A conversation could change a life.

Who will you

Ask



RUOK?[®]

A conversation could change a life.