

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 when something doesn't seem right 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 it.

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Presentation Speaking Notes



Slide 1

- Introduce yourself.
- Share why the R U OK? message matters to you personally and why you chose to become a Workplace Champion.

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Presentation Speaking Notes

Acknowledgement of Country



Slide 2

○ Acknowledgement of Country

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.

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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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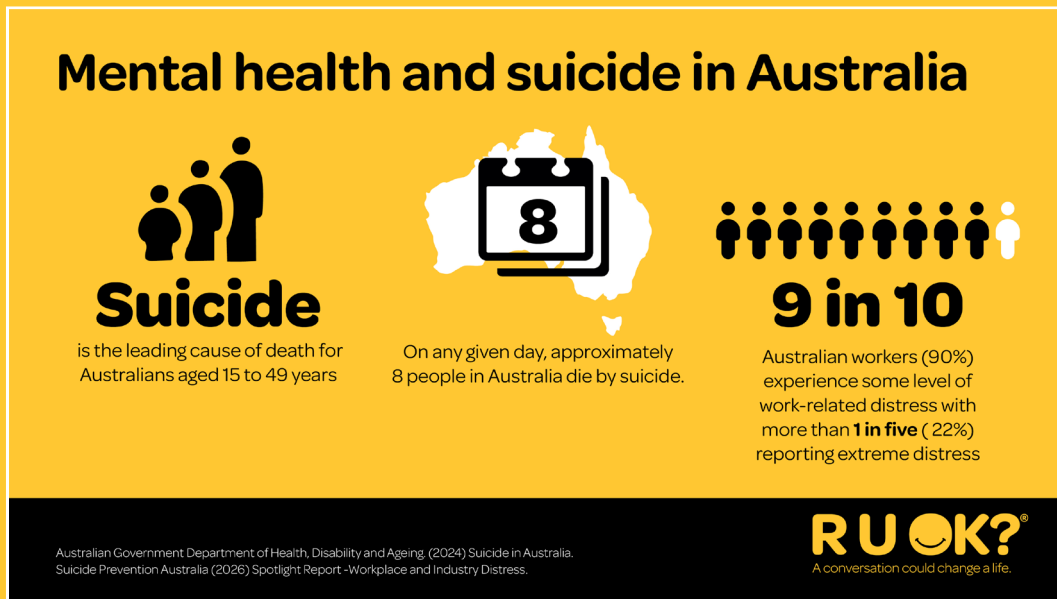


Slide 4

- R U OK? is a public health promotion and suicide prevention charity.
- The late Gavin Larkin started R U OK? in 2009, hoping to protect others from experiencing the pain his family felt when his father died by suicide. (Lived experience).
- He believed that 'in the time it takes to have a cuppa, you could start a conversation that could change a life'.
- This belief is backed by academic research that found feelings of connection and belonging are protective factors against suicide.

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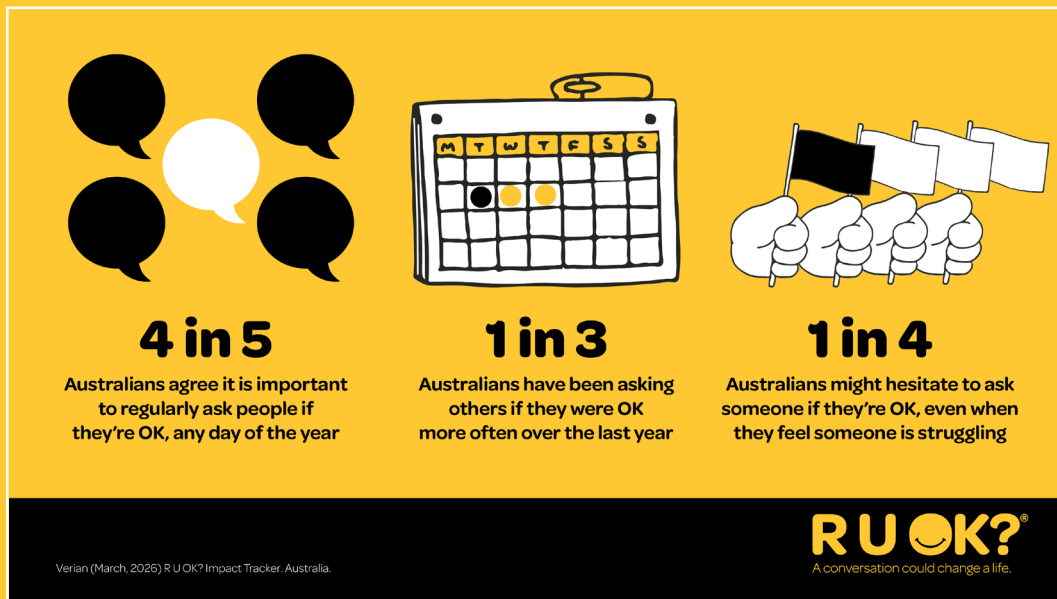


Slide 5

- 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 9 in 10 Australian workers experience work-related stress, and one in five report experiencing extreme distress.
- Financial pressure, relationship changes, illness, grief, caring responsibilities and work pressures can all affect how someone is coping.
- That's why checking in shouldn't be reserved for one day of the year.

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- The good news is that more Australians understand the importance of checking in with the people around them.
- Four in five Australians agree it's important to ask R U OK? regularly – not just on R U OK?Day.
- 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 exactly why this year's message is so simple: **If you're thinking it, ask it.**

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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.

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Slide 7

- 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 the person might respond.
- These feelings are completely normal—but they shouldn’t stop us from reaching out.

Audience question

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

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- We often underestimate how much a simple conversation can mean.
- Seven in ten people say they felt positive after asking someone if they were OK.
- 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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- That's why R U OK? is calling on all of us to continually: **Ask R U OK? Any Day.**
- R U OK?Day is a reminder but it's what we do regularly that truly makes a difference.

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This year's message is simple.

- If someone doesn't seem quite themselves...
- If you notice a change...
- If you know they're going through a difficult time...
- Don't wait for the perfect words or the perfect moment.

If you're thinking it, ask R U OK? Any Day.

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- There's no single 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.
- Or maybe nothing obvious has changed - you just have a feeling something isn't right.
- Trust that instinct. If you're thinking it, ask it.

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- Now let's look at how to have an R U OK? Conversation.
- Remember, it's not about saying everything perfectly. It's about showing someone you've noticed, you care and you're willing to listen.

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- So when should you ask R U OK?.
- Whenever you notice a change in what someone's saying or doing or if you know there are things happening in their life that might be putting them under pressure or causing stress.

Optional audience engagement 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?
- Do you have enough time?
- Have you chosen somewhere comfortable and relatively private?
- Remember, you don't need to solve someone's problems. Your role is to listen, care and help them think about what support might help next.

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R U OK? uses a simple four-step conversation model called **ALEC**:

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

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Step one is 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 is 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.
- Acknowledge what they're sharing and let them know you're there for them.
- Listening can feel uncomfortable 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 is Encourage action.

- Help the person think about one small next step.
- 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 could look like.

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

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The conversation doesn't end after you ask R U OK?.

- Checking back in lets 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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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.



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There are lots of ways to keep the conversation going beyond R U OK?Day. Knowing the level of distress people are experiencing – what actually helps?

- **In workplaces, it starts with creating safe spaces where people feel comfortable to talk.**
You don't need to have all the answers – just be willing to listen.
- **Being prepared to start the conversation matters.**
Often, a simple check-in is all it takes.
- **Peer support is powerful.**
Colleagues are often the first people someone will open up to.
- **Knowing your team helps you notice when something's not quite right.**
And leading by example sets the tone for everyone else.
- **Embedding regular check-ins – not just when something's wrong – makes a big difference.**
- **And never underestimate the power of a simple “hello.”**
Small moments of connection can go a long way.
- **Finally, make support easy to access so people know where to go if they need it.**
- **Together, these small actions help create a workplace where people look out for each other.**

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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

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You can also support R U OK? by getting involved in fundraising, encouraging your colleagues to participate in Ks for R U OK?, planning workplace activities and helping create a culture where people feel comfortable checking in with one another.

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New for R U OK?Day 2026

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



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- R U OK? has a wide range of free workplace resources to help you build a more connected and supportive workplace.
- Visit ruok.org.au for conversation tips, team activities, workplace guides and practical tools to help make asking R U OK? feel easier.

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Resources to download and share



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Here are some of the workplace resources available, including conversation guides, posters, team meeting notes and activities to help keep the message going all year.

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- Thank you for your time today.
- Before you leave, think about one person in your world you could check in with this week.
- You don't need the perfect words. You don't need certainty.
- **Remember: If you're thinking it, ask R U OK? Any Day.**

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ruok.org.au