

**By making a gift in your will,
you can help prevent
suicide for years to come**



RUOK?[®]

A conversation could change a life.



R U OK? is a national suicide prevention charity and registered public health promotion. We inspire and empower people to stay connected and have meaningful conversations that can make a difference during life's challenging times. Backed by evidence and lived experience, we focus on building the confidence, skills and willingness to reach out and support others – helping them to feel heard, understood and connected.

Since 2009, R U OK? has helped change the national conversation about mental health and suicide prevention. What began as a National Day of Action is now a year-round conversation movement encouraging connection, support and care – any day that it's needed.



R U OK? acknowledges the Traditional Owners of the beautiful lands on which we live and pays respects to elders past and present. R U OK? acknowledges the pain and suffering of First Nations people and the higher rates of suicide in Aboriginal and Torres Strait Islander communities.

A message from our CEO

Thank you for considering leaving a bequest in your will. It is a straightforward process that can have a significant impact on future generations.

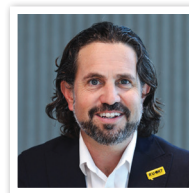
We understand you may have been affected by suicide, either personally, through someone you care about, or within your community. You likely understand the importance of connection and the impact our work is having. This is why we hope you will consider supporting our vision of creating a nation where we are all connected and protected from suicide.

Sadly, on any given day, approximately eight Australians die by suicide¹, and an estimated 970,000 people attempt suicide during their lifetime.²

Every suicide is a tragedy and for every life lost, hundreds of people are impacted, many of whom experience profound and lasting grief.

By choosing to leave a gift in your will to R U OK?, you will be joining a special group of dedicated supporters helping to prevent suicide for generations to come.

By including R U OK? in your will, you're leaving a legacy of empathy, connection and hope.



Lachlan Searle



Our story

In 1995, much-loved Barry Larkin died by suicide, leaving his family and friends in deep grief and searching for answers.

In 2009, his son Gavin (pictured) chose to champion just one question to try to protect other families from the pain he endured: 'Are you OK?'

To create real change across Australia, Gavin knew a national campaign was needed. With his vision, passion and unwavering belief in the power of connection, R U OK? was born.

Throughout his treatment for cancer and up until his death in 2011, Gavin remained a vocal and passionate champion of his guiding belief that a conversation could change a life.



Our impact

Research has shown that those exposed to the R U OK? message are up to six times more likely to reach out to someone who might be experiencing personal difficulties.²

Those who are engaged with R U OK? are also more likely to:

- Ask someone face-to-face if something is troubling them
- Listen to someone talk about their problems
- Encourage someone who is troubled to contact a support service
- More regularly check in with the people they care about.³

Those on the receiving end of a meaningful R U OK? conversation report feeling supported, heard, safe, and better about managing their situation having talked it through with someone who showed genuine interest and concern.⁴ Nine in ten people who are regularly asked R U OK? feel more supported, connected and cared about.³

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





Lisa's journey of healing and hope



In 1988, my mum took her life. Back then we knew very little about suicide or mental health issues, no one spoke about it. I had an inkling that something wasn't OK, but I was too scared to ask her because I didn't know what to say next.

There are no words to describe the pain of losing your loved one to suicide.

I have now made it my mission to bring community together and provide opportunities for connection in the hope that it may lead to life-changing conversations. I live in a small town on the mid north coast of NSW. Every Friday morning a group of us dress in bright colours and head to the beach to catch up. We've famously named ourselves the Fluro Friday Group. It's especially had a positive impact on older people who live alone or are retired. It's a great way for them to meet new people and form connections.

It's wonderful watching everyone mingle, laugh and be there for one another. There are days when I feel lonely but turning up to Fluro Fridays boosts my mood and changes my mindset for the rest of the day.

Building that support network has taken time but it's well worth the effort. I like to think the small, regular catch ups are a constant reminder to everyone that they're not alone.

My hope for R U OK? is that it continues to grow, and for everyone to embrace 'checking in' with one another. Life is precious and the simple act of having meaningful conversations can change lives for the better.





Your legacy. Their lifeline.

Each of us has the power to make a positive difference in our world. By making a gift in your will, you can help prevent suicide for years to come.

Your legacy can continue for your family and loved ones, for individuals who have been important in your life, and for those affected by suicide.

Including R U OK? in your will and sharing your decision with your loved ones is the best way to ensure your wishes are carried out when you pass away.



We advise you to visit a solicitor to have your will professionally written. Alternatively, for straightforward estates, you may wish to consider the affordable online will-writing services, if they suit your needs.

After consulting with your family and loved ones, always seek professional advice if you are unsure or have questions.

Our partners that can assist you with the preparation of your will can be found here: ruok.org.au/gifts-in-will

How to make a gift to R U OK? in your will

Whether you are drafting your first will or revising an existing will, it is a straightforward process to include a gift to R U OK?. When creating your will for the first time, we recommend you consult with a solicitor who is experienced in wills and estates.

If you already have a will, the most cost-effective way to include a bequest to R U OK? is by adding a short legal amendment to your will called a codicil. Check with your solicitor if a codicil is appropriate for the updates you wish to make.

If you'd like to learn more or have a confidential conversation, please email us at giftinwills@ruok.org.au



Can I still make sure my loved ones are taken care of?

Absolutely. It's one of the reasons we recommend you make a residual gift to R U OK? as such gifts are only drawn from your estate once your loved ones and expenses have been taken care of.

Does the size of my bequest make a difference?

All gifts made to R U OK? help us create a nation where we are all connected and protected from suicide. Your gift, no matter the size, will help us to this end.

Do I let you know about my gift?

By letting us know of your plans to leave a gift to R U OK?, we can thank you and give you the opportunity to engage with us in a way which suits you. We understand that some people may prefer to keep their arrangements private – and we respect that wish.

I have a limited budget or can't really afford a will: what can I do?

R U OK? has partnered with reputable firms that provide either a free or affordable service. For more information, please contact us by email at giftsinwills@ruok.org.au





Wording to use

All your solicitor requires is our ABN (25 138 676 829) and our registered business name (RUOK? LIMITED).

Additional information can be found online at ruok.org.au/gifts-in-will

Percentage Gift

You simply state in your will what percentage of your estate you would like to be left to R U OK?. Some people leave just a few per cent, some people leave more.

Suggested wording:

I give free of all duties or taxes the [whole of my estate] OR [(insert number) per cent of my estate] to RUOK? LIMITED, ABN 25 138 676 829 of 1 Shelley Street, Sydney, New South Wales for its general purposes. The receipt of an authorised officer of RUOK? LIMITED shall constitute a full and sufficient discharge of my executor's duties and my executor will not be bound to see to the application of the gift.

Residual Gift

After taking care of your loved ones and ensuring that all costs have been dealt with, you can leave a portion of your estate or the balance remaining to R U OK?.

I give free of all duties or taxes the [residue of my estate] OR [(insert number) per cent of the residue of my estate] to RUOK? LIMITED, ABN 25 138 676 829 of 1 Shelley Street, Sydney, New South Wales for its general purposes. The receipt of an authorised officer of RUOK? LIMITED shall constitute a full and sufficient discharge of my executor's duties and my executor will not be bound to see to the application of the gift.

Lump Sum

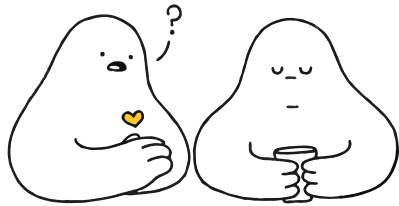
You simply declare the exact amount of money or details of a specific asset - such as shares or real estate - you would like to leave R U OK? in your will.

I give free of all duties or taxes the [sum of \$ (insert value of your gift)] OR [details of the specific asset - such as shares or real estate] to RUOK? LIMITED ABN 25 138 676 829 of 1 Shelley Street, Sydney, New South Wales for its general purposes. The receipt of an authorised officer of RUOK? LIMITED shall constitute a full and sufficient discharge of my executor's duties and my executor will not be bound to see to the application of the gift.



Have a conversation using these 4 steps

1



How are you travelling?

You don't seem yourself lately – want to talk about it?

Ask R U OK?

2



I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Listen

3



What do you think is a first step that might help you?

Have you spoken to your doctor about this?

Encourage action

4



Just wanted to check in and see how you're doing?

Have things improved for you since our last chat?

Check in



If you need professional support, please contact your doctor, local health centre or one of the services listed below. Family and friends can also call for advice and assistance on how to support someone who is struggling with life.

ruok.org.au/findhelp

If you are having suicidal thoughts, please seek assistance by contacting your trusted healthcare professional or calling the **Suicide Call Back Service at 1300 659 467**

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

1. Australian Government Department of Health, Disability and Ageing. (2025) *Suicide in Australia*, <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/suicide-in-australia#suicide-in-australia>
2. Ross, A.M., Bassilios, B. (2019) *Australian R U OK? Day campaign: Improving Helping Beliefs, Intentions and Behaviours*. *Int J Ment Health Syst* 13, 61
3. Verian (2025) *R U OK? Impact Tracker, Australia*
4. Fiftyfive5 (2023) *R U OK? Day campaign research, Australia*.

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