



**Ask them  
today**

**RU OK?™**

A conversation could change a life.

Learn how to ask at [ruok.org.au](http://ruok.org.au)

*really*  
**Are they OK?**

**Ask them  
today**

**Make a moment  
meaningful and  
ask R U OK?**

## **Find time to ask them how they're really going:**

- On breaks from work or study.
- When exercising together.
- When connecting or doing activities together online.
- When you're spending time together socially.
- When you're doing an activity side-by-side.
- When you're sharing a meal.
- When you're travelling together, even a short trip can be a good time to talk.
- Whenever you're spending quality time together.

**Remember to stay connected and make asking  
"are you OK?" part of your everyday**

Find more tips  
at [ruok.org.au](http://ruok.org.au)

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**Have a conversation using these 4 steps**



**1. Ask R U OK?**

How are you travelling?

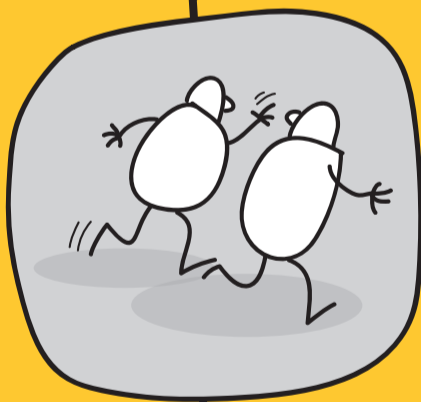
You don't seem yourself lately – want to talk about it?



**2. Listen with an open mind**

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

Have you been feeling this way for a while?



**3. Encourage action**

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



**4. Check in**

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

Have things improved for you since we last spoke?

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**Make staying connected and asking R U OK? part of your everyday.**

**Start by asking "Are you OK?"**

**No, I'm not OK.**

**Dig a bit deeper:**

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

**Yes, I'm fine.**

**But your gut says they're not:**

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

**Make time to check in:**

"Let's chat again next week."

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