



Ask RUOK?® ANY DAY

A quick guide for local councils

This guide lists **FREE** resources and ideas to help you create a more connected local community and workplace that supports those who may be struggling.

Ask R U OK? Any Day

A lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day.

By having regular, meaningful conversations, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

So whilst R U OK? Day is our National Day of Action, we encourage you to Ask R U OK? Any Day of the year because a conversation could change a life.

Get involved and download the resources at ruok.org.au/r-u-ok-day

Ways to get involved

Host an event

Events are a great way to bring people together face-to-face or online to connect and hear about when and how to ask, 'are you OK?' and lend support to the people in their world.

Register your event at ruok.org.au/events



Share our artwork and messages

Champion the R U OK? message on local council assets like bus backs, digital screens and community centre noticeboards. R U OK? has print ready artwork that can be co-branded. Include R U OK? messaging in online and direct mail to residents. R U OK? can supply copy, newsletter snippets and artwork for your use.

Contact the R U OK? team at ruok.org.au/contact-us

Add a splash of yellow

R U OK? has a wide range of merchandise to help you add a splash of yellow and encourage more conversations in your workplace and community.

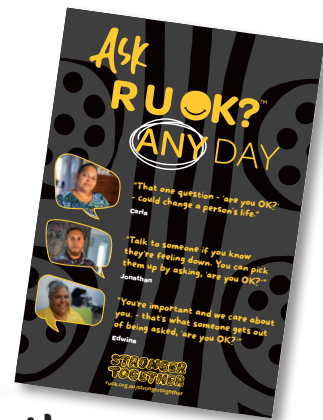
Visit our store at store.ruok.org.au



Share the R U OK? message with residents

R U OK? has FREE resources and activity guides for various population groups.

You can download, print and share the resources with your community
ruok.org.au/every-day-resources



Your Natter Matters

A conversation guide, conversation bingo kit, connection cards and more to help senior Australians give the gift of conversation.

Download now: ruok.org.au/yournattermatters

Stronger Together

A conversation guide, podcast series and videos to help Aboriginal and Torres Strait Islander peoples ask their mob in their way, R U OK?

Download now: ruok.org.au/strongertogether



Workplace Champions

An R U OK? Culture in your workplace is one where everyone feels safe, supported and encouraged. Use the FREE R U OK? Workplace Champion resources to promote peer-to-peer support and regular meaningful conversations in the workplace.

Learn more at ruok.org.au/workplace-champions



Multicultural resources

R U OK? has a range of multicultural resources available if you or someone you know would prefer information to support conversations in a language other than English. Languages include Vietnamese, Hindi, Arabic, Simplified Chinese, Korean and more.

Learn more at ruok.org.au/more-languages

R U OK? Conversation Convoy



The R U OK? Conversation Convoy travels to regional communities around the country to help Australians understand the important role they can play in looking out for their friends, family and colleagues.

For more information, including a schedule of public events, resources to help support local communities and an expression of interest for your town to host an event, visit ruok.org.au/conversation-convoy