

**FREE  
GUIDES**

# ARE THEY TRIPLE OK?

An R U OK? conversation guide for  
family and friends of police and emergency  
services workers and volunteers

**ARE  
THEY  
TRIPLE  
OK?**

An R U OK? conversation guide for  
emergency services workers and volunteers

**RUOK?**  
A conversation could change a life.

Are They Triple OK? Trailer  
Are They Triple OK?

**ARE  
THEY  
TRIPLE  
OK?**

**RUOK?**

**PODCAST NOW  
STREAMING**

# ARE THEY TRIPLE OK?

**Are They Triple OK?** provides practical tools and tips on how to start an R U OK? Conversation with police and emergency service workers, volunteers and their family and friends.



Scan for resources

[ruok.org.au/triple-ok](https://ruok.org.au/triple-ok)

**RUOK?**  
A conversation could change a life.