

# BE A MATE

- IT'S WORTH IT

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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**RU OK?**<sup>TM</sup>  
A conversation could change a life.