

BE A MATE

- IT'S WORTH IT

Fill in the questions and phrases you might use in an R U OK? Conversation with your mate.

Start by asking: _____

No, I'm not OK.

Dig a bit deeper:

You could say:

Yes, I'm fine.

But your gut says they're not:

You could say:

Listen with an open mind

Encourage action and offer support:

Arrange to check in:

Proudly supported by



Learn more
ruok.org.au/be-a-mate

RU OK?TM
A conversation could change a life.