

# Seeing who's struggling isn't always obvious.

**Ask  
R U OK?**

**or something like this:**

"How you travelling?"  
"How's everything at home?"  
"You seem a bit quiet. Everything 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 grab a bite this week."



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One simple question could change their life. **Just ask R U OK?**

Visit [ruok.org.au](https://ruok.org.au)

**R U OK?**<sup>TM</sup>



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A photograph of three people in a dark, industrial setting. On the left, a man in a yellow and black high-visibility jacket holds a white hard hat. In the center, a woman in an orange high-visibility vest smiles. On the right, a man in a dark shirt and white hard hat looks forward. The background is dark with some structural elements visible.

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A photograph of three men standing in an industrial setting. The man on the left is wearing a dark cap, a white shirt, a dark tie, and an orange high-visibility vest. The man in the middle is wearing a white hard hat and a yellow high-visibility shirt with reflective stripes. The man on the right is wearing a grey hard hat and a dark long-sleeved shirt. They are all looking towards the camera.

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