

R U OK?TM Conversation CORNER

**How to create one
in your school, workplace
or community**



Why create a Conversation Corner?

R U OK? want to inspire everyone to have meaningful conversations with each other by asking the question "Are you OK?" and listening with an open mind.

A Conversation Corner can encourage your staff, students and community members to have meaningful conversations about life's ups and downs.

By asking "Are you OK?" we can help people who are struggling feel supported, connected and encourage them to access help sooner.

A conversation could change a life.

Not sure how to navigate an R U OK? conversation? Use these 4 steps:



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

How?

You can create a Conversation Corner by purchasing an R U OK? bench or using an existing bench/place in your workplace, school or community.

To make sure that the Conversation Corner is a place that inspires meaningful conversations, we encourage you to follow these steps.

- Up-skill on wellbeing and mental health
- Create the Conversation Corner
- Raise awareness

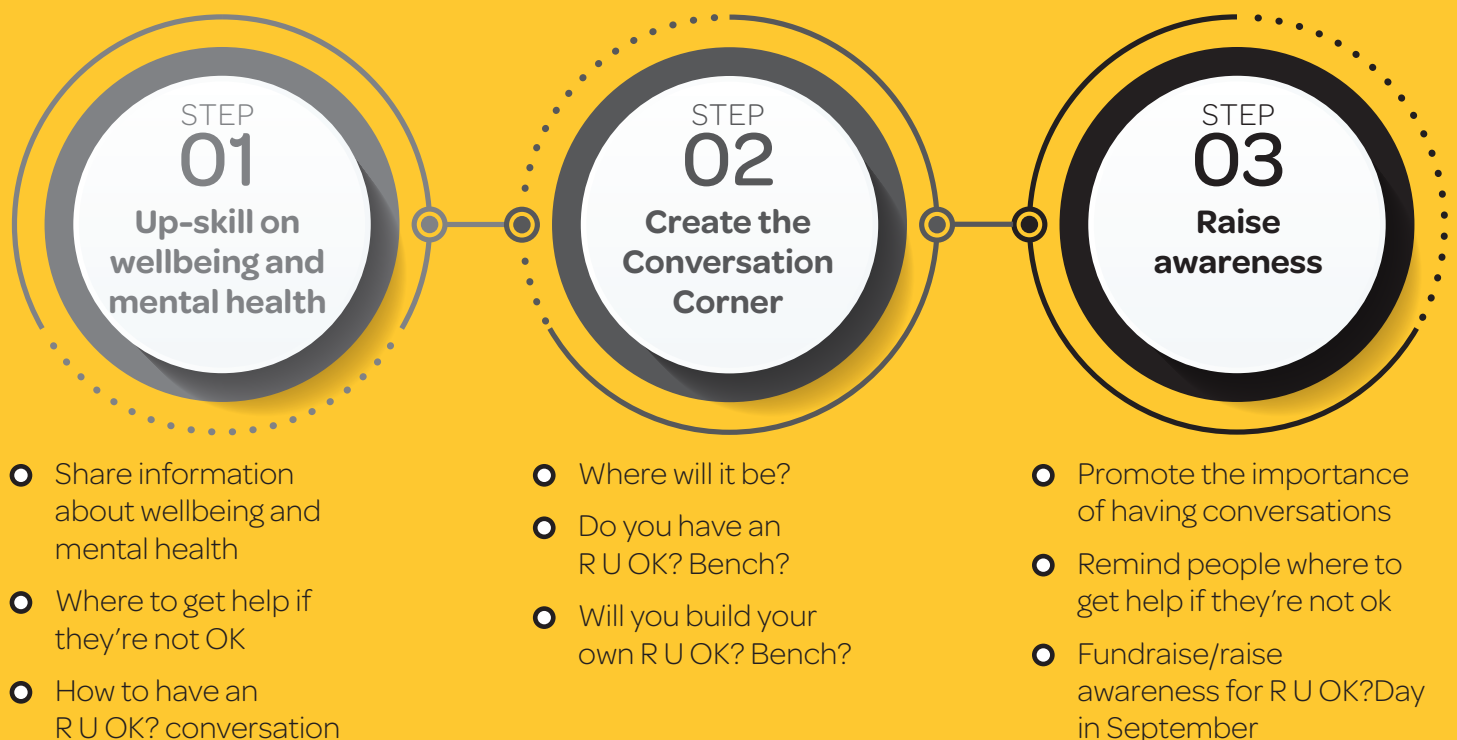
Who needs to be involved?

We encourage you to involve everyone in your school, workplace and community.

How do I get everyone involved?

It can help to identify a champion who will manage the process and communication with staff, students and community members. They can be a point of contact for everyone who's interested in learning more about the purpose of the Conversation Corner and how they can be involved.

The three steps for making your Conversation Corner a success are outlined on the following pages but here's a quick overview:





Up-skill on wellbeing and mental health

- Encourage everyone to learn more about R U OK? and support the creation of the Conversation Corner
- Share appropriate resources that build people's skills and confidence in asking "Are you OK?" Get started at ruok.org.au/every-day-resources
- Encourage everyone to learn the 4 steps to an R U OK? conversation by visiting ruok.org.au/how-to-ask
- Consider offering formal training and development. If you want to up-skill your staff or community group with specialised suicide prevention and mental health training or programs, we'd encourage you to connect with one of the organisations listed at ruok.org.au/whoweworkwith



Create the Conversation Corner

Encourage your staff, students and community members to lead the design and set up of the Conversation Corner. The questions below will help you generate discussion about what will work best for your school, workplace or community.

Think about:

- Who should make a decision about the best place for the Conversation Corner?
- Where's the best place for the Conversation Corner?
- What's the purpose of the R U OK? Bench?

Support your staff, students and community members by:

- Providing advice about when and how to survey people about where to place the Conversation Bench (e.g. use online tools, or offline, using paper). This could take place in formal meetings, school assemblies, via email or over the phone
- Providing a time and space for your staff, students and community members to coordinate their Conversation Corner
- Helping those involved understand how best to inform everyone in your workplace, school or community about the Conversation Corner



Questions you should be asking your staff, students and community members:

1. Who should make a decision about the best place for the Conversation Corner?

How to find out:

- Survey all staff, students and community members to find out where they think would work best
- Organise a design competition around where to place the bench

2. Who should coordinate the project?

- Assign the Conversation Corner project to an appropriate team or people who are passionate about the R U OK? message
- Ask for volunteers to run the Conversation Corner Project

3. Where's the best place for the Conversation Corner?

- Do you already have a space where staff, students and community members like to chat/are more likely to chat?
- Will it be undercover (e.g. under a tree or awning) and protected from the sun/rain etc?
- Have you sought and gained permission?
- Do you need equipment, such as paint? Does it need to be bolted down, placed with other benches or cemented to the ground?
- Suggested places include: Under a tree, outside a library, or a popular area for sitting

4. What's the purpose of the bench?

- Is it to raise awareness of the importance of having conversations?

This option could be best if:

- You want to promote R U OK? and give staff, students and community members a daily reminder to start a conversation
- Don't have a quiet space
- Would prefer not to have a dedicated place for meaningful conversations

- Is it a place to have a conversation?

This option could be best if:

- You want to have a dedicated place for meaningful conversations
- Have a quiet space
- Can encourage everyone to take time to start conversations in the Conversation Corner

5. Creating an alternative R U OK? Bench

- Paint an existing bench yellow
- Buy a different bench and use it in a similar way
- Paint an area of concrete/bitumen yellow to indicate that it is the Conversation Corner
- Use yellow chalk and create a new Conversation Corner every day (depending on the weather!)
- Choose an outdoor space to plant yellow flowers and call it a Conversation Garden

STEP 03

Raise awareness

Promote the R U OK? message

- Promote R U OK? Day to your school, workplace or community
- Head to ruok.org.au for ideas on:
 - Hosting an event
 - Fundraising
 - Merchandise
 - Stories you can share

Remind everyone of places they can go if they or someone they know isn't OK

- Encourage them to call on these Australian crisis lines and professionals:
 - **ReachOut.com**
au.reachout.com
 - **Kids Helpline**
1800 55 1800
kidshelpline.com.au
 - **Lifeline (24/7)**
13 11 14
lifeline.org.au
 - **Suicide Call Back Service (24/7)**
1300 659 467
suicidecallbackservice.org.au
 - **beyondblue (24/7)**
1300 224 636
beyondblue.org.au
 - **SANE Australia**
1800 18 SANE (7263)
sane.org
 - **Mensline (24/7)**
1300 78 99 78
mensline.org.au

More contacts: ruok.org.au/findhelp



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