A GUIDE TO GIVING A PRESENTATION ON WHAT TO SAY NEXT...

Learn what to say at ruok.org.au
A conversation could change a life
Giving a presentation that shows there’s more to say after R U OK?

This document will help you deliver an effective presentation using our PowerPoint template.

We suggest you take some time to prepare, so you feel comfortable and can enjoy the experience of presenting.

Some things to think about when presenting

- Smile and make eye contact with people in the audience
- Look at the audience more than your notes
- Talk from the heart
- Know the content because that will help your confidence
- Avoid speaking too quickly (writing SLOW DOWN on your notes can help)
- Always remember people want to listen to what you have to say because the message you are sharing matters to them.

Suggested presentation structure.

1. **Engage people:** Describe a time when someone asked you “are you OK?” and it made a difference (1-2 minutes)
2. **Connect:** Introduce yourself with some background about who you are and why you are presenting (1 minute)
3. **Tell people why they are here:** In your own words, explain that by the end of the presentation you want everyone in the audience to know they can make a difference if they regularly and meaningfully reach out to those in their world who might be struggling and ask “are you OK?” (1 minute)
4. **Explain there’s more to say after R U OK?:** Using the PowerPoint slides go through the steps of when and how to have an R U OK? conversation. Rehearsing at home with the slides before your presentation can help you feel comfortable and confident. This guide also has some additional content you might want to include in your presentation. Try and put things in your own words, as it will make it more authentic
5. **Thank people and ask them to go out and ask, “are you OK?” whenever they’re concerned someone may be struggling.**
It’s important to make time to ask “are you OK?”

By giving someone your time and the opportunity to share what they’re feeling, you’re giving that person something invaluable.
A conversation can help someone who is struggling feel a sense of connection and belonging.

- By encouraging them to access appropriate support before they’re in crisis your conversation could change their life.
Life has its ups and downs:

- Illness can rob us of confidence and energy
- Work - or lack of work - can make us feel frazzled or inadequate
- Falling short of our goals can make us feel hopeless
- The death of a loved one can lead to complex feelings of grief and loss
- Relationship breakdowns can leave us confused, sad or angry

It’s important you look out for changes and signs, no matter how small that could indicate someone needs extra support and if you spot the signs you need to ask R U OK?
We spend a lot of time with family, friends and workmates, which means we’re well-placed to notice the small changes that might suggest someone isn’t coping or needs a bit of extra support.

You can look for changes in what they’re saying or doing or things that are happening in their life because that might indicate they are feeling under pressure or stressed.

- Look for signs in what they’re saying.
- Look for signs in what they’re doing.
- Think about what’s going on in their life.
- When you notice a change, no matter how small, it’s time to ask R U OK?
Before you can support someone else, you need to look after yourself. And that’s OK. You might not be the right headspace or maybe you’re not the best person for the conversation. If that’s the case try to think of someone else in their support network who could talk to them.
To help you decide whether you’re ready to start a meaningful conversation, ask yourself:

**Are you ready?**
- Are you in a good headspace?
- Are you willing to genuinely listen?
- Can you give as much time as needed?

**Are you prepared?**
- Do you understand that if you ask someone “are you OK?”, the answer could be: “No, I’m not”?
- Do you understand that you’re not responsible for solving someone else’s problems?
- Do you accept they might not be ready to talk or they might not want to talk to you?

**Have you picked your moment?**
- Have you chosen somewhere relatively private and where you’ll both be comfortable?
- Have you figured out a time that is convenient for them to chat?
- Have you made sure you have enough time for a meaningful conversation?
Now I’ll share some tips on how to navigate an R U OK? conversation.
By starting a conversation and commenting on the changes you’ve noticed, you could help a family member, friend or workmate open up.

You can start by asking “are you OK?” or say something like:

- How are you travelling?
- I’ve noticed a few changes in what you’ve been saying/doing. How are things for you at the moment?”
- “I know there’s been some big life changes for you recently, how are you going with that?”

OR

- “You don’t seem yourself lately – want to talk about it?”
But there’s more to say after R U OK? If someone says they’re not OK take time to listen with an open mind. Encourage them to take action and seek support. Check in regularly to let them know you are there for them no matter how long it takes.
Listening with an open mind can be the hardest thing to do.

It can be tempting to jump in and try to push someone’s worries away or offer a ‘quick fix’. It can be really hard to hear that someone is in pain or struggling – but try and sit with the discomfort and remind yourself that your support can be crucial.

Try and avoid rushing the conversation and don’t be afraid to sit in silence.

Give the person some space and quiet so they can find the words to express what they’re going through.

**You could say:**

- “I’m here to listen if you want to talk more”
- “How are you feeling about that?”

**OR**

- “I’m not going to pretend I know what it’s like for you, but I’m here to listen to why you feel the way you do.”
Once they’ve shared what they’re going through, you might suggest to them that they think about one small step they might be able to take to improve their situation.

If they’ve been feeling this way for more than two weeks they might need to see their doctor or an appropriate health professional.

You could say:

- “What do you think is a first step that would help you through this?”
- “What can I do right now to support you?”
- “Have you spoken to your doctor or another health professional about this? It might be a matter of finding the right fit with someone.”

OR

- “What’s something you enjoy doing? Making time for that can really help.”
Sometimes that person might need immediate support. These are some useful contacts for Australian services that are available 24/7.

### Useful contacts for someone who’s not OK

- **Lifeline (24/7)**
  - 13 11 14
  - lifeline.org.au

- **Suicide Call Back Service (24/7)**
  - 1300 659 467
  - suicidecallbackservice.org.au

- **Beyond Blue (24/7)**
  - 1300 224 636
  - beyondblue.org.au

- **Kids Helpline (24/7)**
  - 1800 55 1800
  - kids helpline.com.au

- **Mensline**
  - 1300 78 99 78
  - mensline.org.au

- **Headspace**
  - 1800 650 890
  - headspace.org.au
You can find a directory with more services and supports on the R U OK? website.
After the conversation make sure you follow up with them. Make a joint decision to spend some time together in the near future so you can see how they’re going. Your ongoing care and support can make a difference.

**When you check in you could say:**

- “Just wanted to check in and see how you’re doing?”
- “Have things improved or changed since we last spoke?”
- “What’s been working for you since we last chatted?”
- “Do you need more support?”
By asking R U OK? then listening, encouraging action and checking in, your conversation could change a life.
You can find more conversation tips and information on what to say after R U OK? on the R U OK? website: ruok.org.au
A lot of this might sound fairly intuitive – and it is.

R U OK? wants to give people a bit more confidence to be there for each other when things are a bit tough.

You’ve got what it takes to start a conversation that could change a life. So, who will you ask?

Thanks for your time.
RUOK?™
A conversation could change a life.
ruok.org.au