There's more to say after RUOK?™

Learn what to say at ruok.org.au
A conversation could change a life.

Learn what to say at ruok.org.au
When you notice a change, no matter how small, trust your gut instinct and ask R U OK?

Learn what to say at ruok.org.au
WHAT ARE THEY SAYING?

WHAT ARE THEY DOING

WHAT'S GOING ON IN THEIR LIFE

Learn what to say at ruok.org.au
Preparing to ask

R U OK?

Learn what to say at ruok.org.au
Am I ready?

I'd like to help

Am I prepared?

Have I picked my moment?
How to have an R U OK? conversation

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Learn what to say at ruok.org.au
Ask R U OK?

I’ve noticed a few changes in what you’ve been saying/doing. How are things for you at the moment?

How are you travelling?

You don’t seem yourself lately – want to talk about it?

I know there’s been some big life changes for you recently, how are you going with that?

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THERE'S MORE TO SAY AFTER RUOK?™

Learn what to say at ruok.org.au
Listen

I’m here to listen if you want to talk more.

How are you feeling about that?

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.

Learn what to say at ruok.org.au
Encourage action

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.

What’s something you enjoy doing? Making time for that can really help.

Learn what to say at ruok.org.au
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
kidshelpline.com.au

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

**Headspace**
1800 650 890
headspace.org.au

Learn what to say at ruok.org.au
Find more services and support at ruok.org.au/findhelp

Learn what to say at ruok.org.au
Check in

- 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?

Learn what to say at ruok.org.au
Ask RU OK?

Listen

Encourage action

Check in

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Have you been feeling this way for a while?

That’s tough. Keep talking, I’m listening.

What you’re going through isn’t easy, it’s good we can talk about it.
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