

RU OK?™

A conversation could change a life.

1. Ask R U OK?

Help them open up by asking
"How are you going?"



**Start a
conversation
using these
4 steps**

4. Check in

Make time to catch
up soon.



2. Listen without judgement

Take what they say seriously.



3. Encourage action

Urge them to commit to doing
one thing that might help them.



Visit us at ruok.org.au