

**I'm in a bit of
a dark place,
mate.**

**Are
you
OK?**

**The signs aren't
always as obvious**

**Start a
conversation
using these 4 steps**

- ①** Ask R U OK?
- ②** Listen without judgement
- ③** Encourage action
- ④** Check in

R U OK?™

A conversation could change a life.

Visit **ruok.org.au** for more tips