



OK?

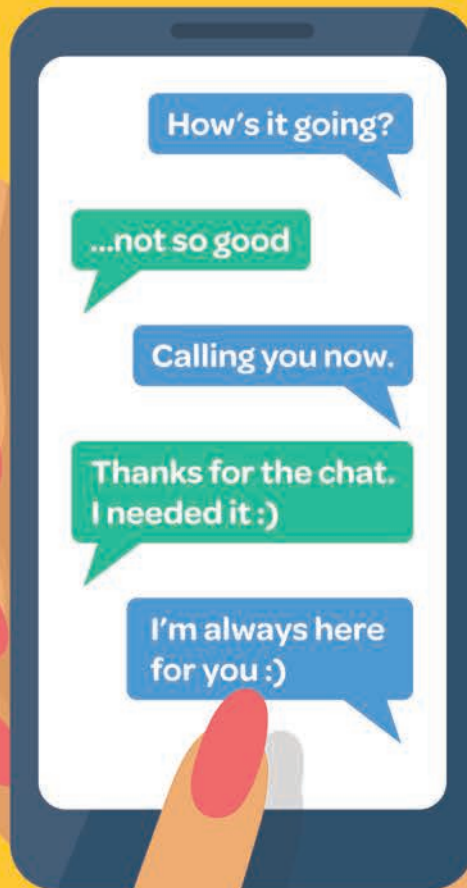
- 1 Ask R U OK?
- 2 Listen
- 3 Encourage action
- 4 Check in

A conversation could change a life.



**RUOK?**<sup>TM</sup>

A conversation could change a life.



**Start a  
conversation  
using these 4 steps**

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

**RUOK?**<sup>TM</sup>

A conversation could change a life.

Visit [ruok.org.au](https://ruok.org.au) for more tips