

# 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

Take what they say seriously.



## 3. Encourage action

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



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