

Notice a colleague's here
but not really here



Trust your gut and....

1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in



For more information and tips ruok.org.au

RU OK?TM
A conversation could change a life.

Notice a colleague's here

but not really here



Trust your gut and....

1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in



For more information and tips [ruok.org.au](https://www.ruok.org.au)

RU OK?TM

A conversation could change a life.

Notice a colleague's here

but not really here



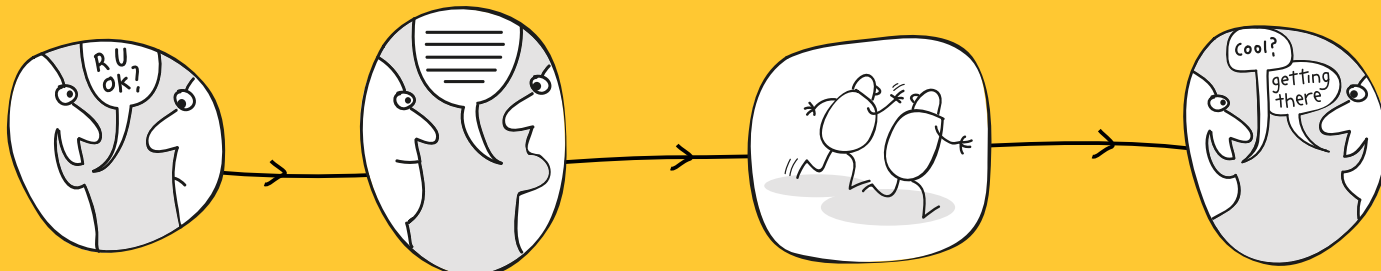
Trust your gut and....

1. Ask R U OK?

2. Listen

3. Encourage action

4. Check in



For more information and tips ruok.org.au

RU OK?TM

A conversation could change a life.