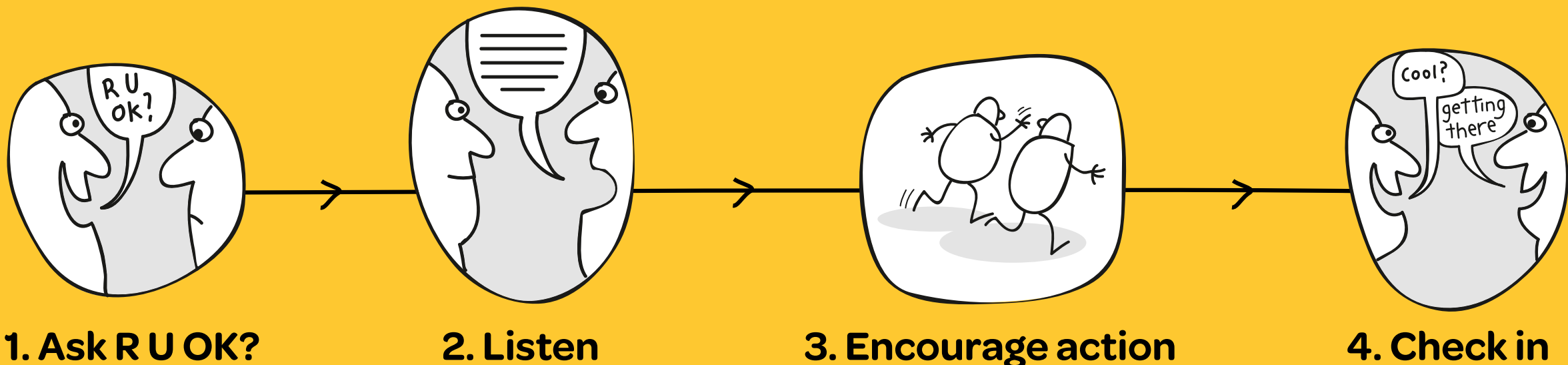


# Ask R U OK?

Start a conversation using these 4 steps



Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RU OK? DAY**<sup>TM</sup>  
12 September 2019