

R U OK?™

A conversation could change a life.

1. Ask R U OK?

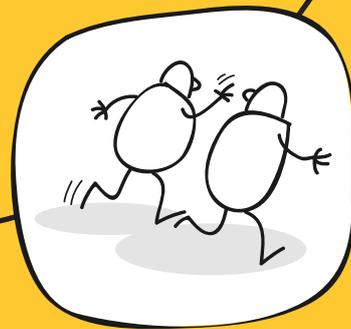


Start a
conversation
using these
4 steps

4. Check in



2. Listen without judgement



3. Encourage action

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