How to Trust the Signs, Trust your Gut & Ask R U OK?

Sports Pack
R U OK? Day 2019

R U OK? Day is Thursday 12 September. It’s our national day of action dedicated to reminding everyone to ask, “Are you OK?” and to remember, every day of the year, to support people who may be struggling with life’s ups and downs.

R U OK? Day is an initiative of national suicide prevention charity R U OK? Our mission is to inspire and empower everyone to meaningfully connect with and support those around them.

This year in the build-up to R U OK? Day we’re encouraging everyone to Trust the Signs, Trust your Gut & Ask R U OK?

We want everyone to feel confident they know the signs someone might need support by listening to what they’re saying, seeing what they’re doing or knowing what’s going on in their life. Whenever they notice a change, no matter how small, we want them to trust their gut and start an R U OK? conversation.

This pack is full of tips, ideas and resources to get everyone in your sporting community involved and ready to trust the signs and start a conversation that could change a life.

It’s time to ask R U OK? if you notice a change, no matter how small

**WHAT ARE THEY SAYING?**

Do they seem:
- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they’re a burden
- Lonely or lacking self-esteem
- Concerned they’re trapped or in pain

**WHAT ARE THEY DOING?**

Are they:
- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviour
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

**WHAT’S_going on in their LIFE?**

Are they experiencing:
- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about

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**How to Ask:**

1. **Ask R U OK?**
   - Pick the right time and place to start the conversation.
   - Mention specific things that have made you concerned for them, like “You seem less chatty than usual. How are you going?”

2. **Listen**
   - Take what they say seriously and don’t interrupt or rush the conversation.
   - Encourage them to explain: “How are you feeling about that” or “How long have you felt that way?”
   - Show that you’re listening by repeating back what you’ve heard (in your own words) and ask if you’ve understood them properly.

3. **Encourage action**
   - Help them think of next steps they could take to help them manage their situation.
   - If they’ve been down for more than 2 weeks, encourage them to see a health professional.
   - Be positive about the role of professionals in getting through tough times.

4. **Check in**
   - Schedule a reminder to call them in a couple of weeks.
   - If they’re really struggling, follow up with them sooner.
   - Stay in touch and be there for them. Genuine care and concern can make a real difference.

**Activity ideas:**

- Print our conversation cards – leave them on spectator seats
- Host an event – wear yellow, have a conversation led warm up/cool down at a training session or host a BBQ or morning tea
- Share the message in your newsletter and programs
- Put up posters at the ground/back of toilet doors
- Host an R U OK? round

**Hosting an event?**

Hosting an event is a great way to bring people together and share the R U OK? message. Register your R U OK? event with us and we’ll help by sending you a digital kit including posters, event ideas, and more.

Register your event at www.ruok.org.au/events
Materials to download and print:
- Posters
- How to Trust the Signs, Trust your Gut & Ask R U OK? guide
- Screen saver
- Email signature
- TV Screen artwork
- Social media tiles
Download these materials at www.ruok.org.au/join-r-u-ok-day

Messages to share:

General:
- In the build-up to R U OK? Day on Thursday 12 September, R U OK? are calling on Australians to trust the signs that someone might be struggling with life’s ups and downs
- When you notice a change, no matter how small, trust your gut, ask R U OK? and start a conversation that could change a life
- When something’s going on in their life, or you notice a change in what they’re doing or saying, trust these signs and ask, “Are you OK?”
- Learn the signs and how to ask at www.ruok.org.au

Players and staff:
- As part of our commitment to each other’s wellbeing, we’re supporting the national suicide prevention charity R U OK?
- In the build-up to R U OK? Day on Thursday 12 September we’ll be encouraging everyone in our workplace to Trust the Signs, Trust their Gut & Ask R U OK?
- If we know there’s something going on in someone’s life or we notice a change, no matter how small, in what they’re saying or doing, we need to take the time to ask R U OK?
- By asking, “Are you OK?” we can show them they’re supported and encourage them to access help sooner
- You don’t have to be an expert ask the question. Just a great mate and a good listener
- Learn when and how to ask R U OK? at www.ruok.org.au

Add a splash of yellow
Add a splash of yellow and reinforce the power of a conversation at your event.
Check out R U OK?’s merchandise here: https://store.ruok.org.au
Social media:
- Any time you notice changes or just feel that something’s not quite right with a friend, team mate or loved one we need to Trust the Signs, Trust your Gut & Ask R U OK? Learn the signs and how to ask at www.ruok.org.au #RUOK
- When you see the signs someone’s struggling, take the time to ask R U OK?, listen, encourage action and check in. Learn how at www.ruok.org.au #RUOK
- R U OK? Day is Thursday 12 September. Get involved and learn how to Trust the Signs, Trust your Gut & Ask R U OK? at www.ruok.org.au #RUOK
- We’re supporting R U OK? Day on Thursday 12 September because we believe conversations can change lives. This year we’re learning the signs that could indicate someone’s struggling with life and it’s time to ask R U OK? You can too! Visit www.ruok.org.au #RUOK

Template email and newsletter content

TRUST THE SIGNS, TRUST YOUR GUT & ASK R U OK?

R U OK? Day is Thursday 12 September. It’s our national day of action dedicated to reminding everyone to ask, “Are you OK?” and to remember every day of the year to support people who may be struggling with life’s ups and downs.

At [sporting club name], we know that regular meaningful conversations can make a difference. And you don’t have to be an expert to ask how someone’s going. Just a great mate and a good listener.

This year in the build-up to R U OK? Day we’re shining a light on the times we should be asking our team mates, friends and loved ones this important question. We want everyone in our [sporting club name] community to know that if something’s up with someone you know – there’s something going on in their life or you notice a change in what they’re doing or saying – it’s time to trust that gut instinct and ask them “Are you OK?”

To spread this message, we’ll be:

[If you are running an event or activity, you can include the information about it here].

R U OK? is a national charity dedicated to inspiring all of us to have regular, meaningful conversations to support anyone struggling with life.

You can learn more about the signs and how to ask R U OK? at www.ruok.org.au
Useful contacts for someone who’s not OK

Sometimes conversations are too big for workmates, friends and family. At these times, it can help to call upon these organisations:

- **Lifeline (24/7)**
  13 11 14
  lifeline.org.au

- **Suicide Call Back Service (24/7)**
  1300 659 467
  suicidecallbackservice.org.au

- **Beyond Blue (24/7)**
  1300 224 636
  beyondblue.org.au

- **SANE Australia:**
  1800 18 SANE (7263)
  sane.org

When sharing the R U OK? message we would encourage you to highlight the support tools that you currently offer members of your sporting club within your organisation and these national helplines. Find more services and tools at ruok.org.au/findhelp

For more information and resources:

- [www.ruok.org.au](http://www.ruok.org.au)
- [Facebook](http://facebook.com/ruokday)
- [Twitter](http://twitter.com/ruokday)
- [Instagram](http://instagram.com/ruokday)
A conversation could change a life.

ruok.org.au