



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

Uni and TAFE Pack

R U OK? DAY™
A conversation could change a life.
12 September 2019

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 Uni/TAFE 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?

WHAT ARE THEY

DOING

WHAT'S GOING ON IN THEIR

LIFE

Do they seem:

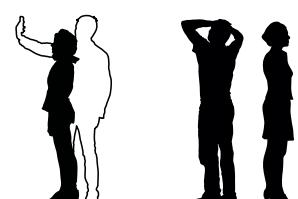
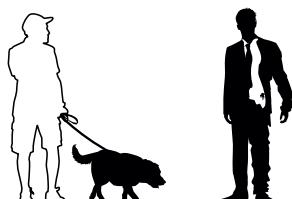
- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

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- Becoming withdrawn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
- Sleeping more or less

Are they experiencing:

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



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:

- Make a 'Trust the Signs' pledge wall on campus – set up a board where people can stick up their pledges to **Trust the Signs, Trust their Gut & Ask R U OK?** As pledges are added, this can encourage others to join in, and give you the opportunity to talk to them about why it's important we look out for the people in our world who may be struggling with life
- Encourage staff and students to connect with their peers by hosting a morning or afternoon tea and asking, "Are you ok?"
- Host an event that brings staff and students together to learn the signs and how to ask R U OK?
- Create a Conversation Corner. Make a dedicated space where students can have meaningful conversations. You can either order an R U OK? bench or convert an existing bench into a space where students are encouraged to chat
- Promote the R U OK? message via email, newsletters and message boards
- Create a video that explains why everyone in your university or TAFE should **Trust the Signs, Trust their Gut & Ask R U OK?**
- Get people who are passionate about R U OK? in your university or TAFE to design an activity for the day

Hosting an event?



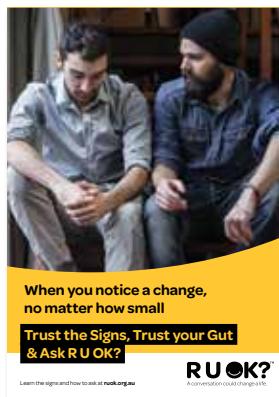
Hosting an event is a great way to bring people together and share the R U OK? message. Register your R U OK? event with us and we'll help by sending you a digital kit including posters, event ideas, and more.

Register your event at www.ruok.org.au/events

Materials to download and print:

- How to Trust the Signs, Trust your Gut & Ask R U OK? guide
- Posters
- Screen saver
- Email signature
- TV Screen artwork
- Social media tiles
- Presentation

Download these materials at www.ruok.org.au/join-r-u-ok-day



Add a splash of yellow

Add a splash of yellow to your workplace and reinforce the power of a conversation at your event.

Check out R U OK?'s merchandise here: <https://store.ruok.org.au>

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
- 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

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 [university/TAFE name] community to **Trust the Signs, Trust their Gut & Ask R U OK?**
- As staff, it's important we look out for one another. If you know there's something going on in a colleague's life or you notice a change, no matter how small, in what they're saying or doing, it's time to ask R U OK?
- By asking, "Are you OK?" you can show them they're supported and encourage them to access help sooner





Students:

- You can make a difference to someone who's struggling by having regular, meaningful conversations about life up's and down's
- If you feel like 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 - trust your gut instinct and take the time to ask them "Are you OK?"
- You don't have to be an expert to have a caring, meaningful conversation. Follow R U OK?'s four conversation steps: Ask R U OK?, Listen with an open mind, Encourage action and Check in
- Learn the signs and how to ask R U OK? at www.ruok.org.au

Social media:

- Any time you notice changes or just feel that something's not quite right with a friend, workmate or loved one you need to **Trust the Signs, Trust your Gut & Ask R U OK?** Learn the signs and how to ask at [#RUOK](http://www.ruok.org.au)
- 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 [#RUOK](http://www.ruok.org.au)
- 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 [#RUOK](http://www.ruok.org.au)
- 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 [#RUOK](http://www.ruok.org.au)



Template newsletter and message board update

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.

Every day, people experience life's ups and downs; things like grief, relationship breakdowns, financial difficulty or losing a job. Sadly, at these times many people feel they don't have anyone to confide in. You can play a role in supporting others and asking R U OK?

This year in the build-up to R U OK?Day we're reminding everyone in our [university/TAFE name] community 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:

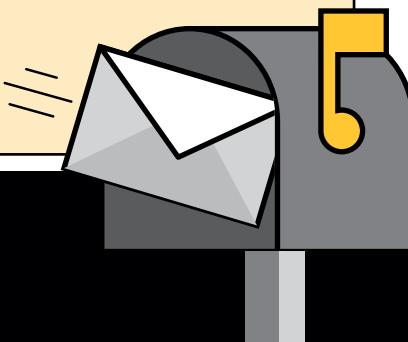
[If you are running an event or activity, you can include the information about it here].

If you need support, you can find services and tools at www.ruok.org.au/findhelp

[Include the details of your university/TAFE's support services 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



Template email

Send all students and staff an email outlining why your university/TAFE is championing regular meaningful conversations.

Subject line: Trust the Signs, Trust your Gut and ask R U OK?

Copy: To all students and staff,

How are you?

That's a question you need to ask genuinely and sincerely any time you see the signs someone may be struggling with life.

When you feel that something's up with a classmate, friend or loved one – 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 your gut instinct and ask them "Are you OK?"

You don't have to be an expert to ask the question. Asking shows someone you care about them and that can make a really positive difference in their life and help them access appropriate support long before they're in crisis.

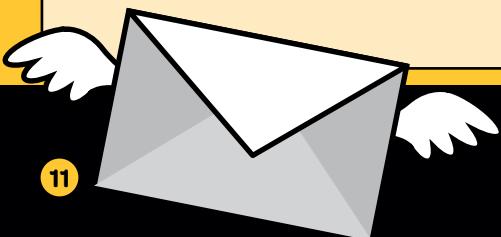
As part of our commitment to encouraging these conversations at [name of university/TAFE], we're supporting R U OK?Day on Thursday 12 September. On this day we'll be inspire everyone to

Trust the Signs, Trust their Gut & Ask, "Are you OK?"

[you could include details here of what your university/TAFE is doing for R U OK?Day].

We want everyone in our [university/TAFE name] community to feel that they can talk about life's ups and downs and access support if they need it. [Include the details of your university/TAFE's support services here].

<insert name>



Other content ideas

Get someone who's passionate about the R U OK? message to write a blog or newsletter article in the build-up to R U OK? Day

They could talk about:

- The signs that could indicate someone's struggling with life
- Share a story that shows how asking R U OK? can make a difference
- Reflect on the role everyone can play in helping someone navigate life's ups and downs
- Discuss why they think we all need to **Trust the Signs, Trust your Gut & Ask R U OK?**
- Discuss how they think R U OK? is making a difference



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

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.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 available at your university/TAFE alongside these national helplines. Find more services and tools at ruok.org.au/findhelp

For more information and resources:

www.ruok.org.au

 /ruokday

 @ruokday

 @ruokday



RUOK?

A conversation could change a life.

ruok.org.au