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

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- Becoming withdrawn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

Learn more at ruok.org.au