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  - Becoming withdrawn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