



**CHANCES ARE ONE
OF YOUR WORK FAMILY
NEEDS TO TALK.**

Ask the question.

Find out how at ruok.org.au

RUOK?TM

Ask R U OK?

or something like this:

"How you travelling?"

"How's everything with you?"

"You seem a bit quiet. Everything ok?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"How long has that been the case?"

"I'm ready to listen if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem your old self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen; don't judge

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"You've been feeling down for a while. Have you thought about seeing a professional?"

Make time to check in:

"Let's chat again next week."

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R U OK?™



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RUOK?TM

RU OK?™

A conversation could change a life.

1. Ask RU OK?



**Start a
conversation
using these
4 steps**

4. Check in



2. Listen without judgement



3. Encourage action



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