



Ask
R U OK?[™]
ANY DAY

Thursday 11th September is R U OK? Day

R U OK is a harm prevention charity that encourages people to stay connected and have conversations that can help others that are going through a difficult time in their lives.

‘R U OK?’ Day is an annual reminder to ask their friends, family or colleagues how they are doing and identify any signs of distress or difficulty.

Regular, meaningful conversations with the people close to you can help prevent small things from becoming big things. By checking in regularly, you build trust and normalise talking about what’s really going on, so when the people in your world find themselves struggling, they know you’re someone they can talk to.



At home, you might like to talk with child/children about how to have a ‘R U Ok?’ conversation to check-in on someone.

Ask RU OK?™ ANY DAY

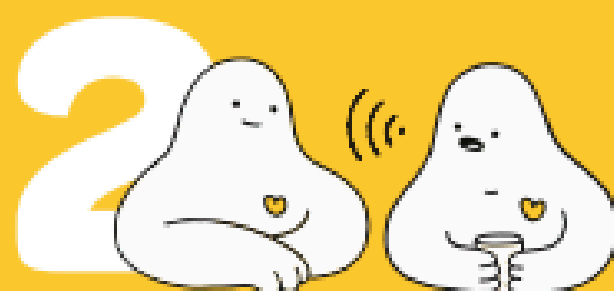
Have a conversation using these 4 steps



How are you
travelling?

You don't
seem yourself
lately – want to
talk about it?

Ask R U OK?



I'm here to listen
if you want to
talk more.

Have you been
feeling this way
for a while?

Listen



What do you think
is a first step that
might help you?

Have you spoken
to your doctor
about this?

Encourage action



Just wanted to
check in and see
how you're doing?

Have things
improved for you since
our last chat?

Check in



Learn more at ruok.org.au