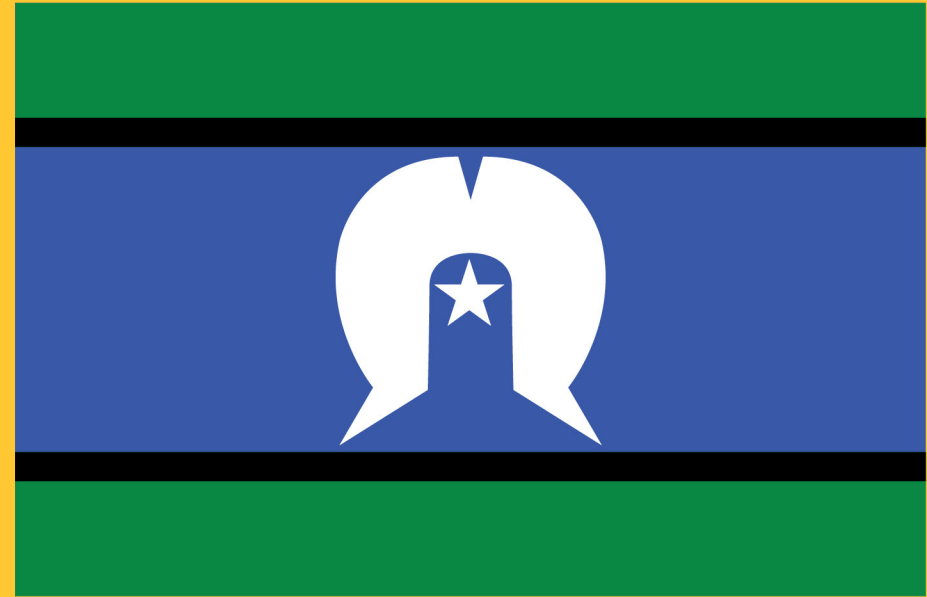


RUOK?TM

A conversation could change a life.

Acknowledgement of Country



*In the time it takes to have a cuppa,
you could start a conversation that
could change a life.'*

Gavin Larkin, R U OK? Founder





RUOK?
A conversation could change a life.

You are **TRANS-TASTIC**

How to have an **RUOK?** conversation

\$2.00
A conversation could change a life.
Make time to ask **RUOK?**

RUOK?
A conversation could change a life.

Mental health in Australia



1 in 6

Australians have experienced suicidal thoughts or behaviours in their lifetime



1 in 2

Australians have experienced a mental health condition in their lifetime



1 in 5

people aged 16 to 34 reported high or very high levels of psychological distress



Almost 2 in 5

people have been close to someone who had taken or attempted to take their own life

How to have an R U OK? conversation



What are
they
SAYING?

What are
they
DOING?

What's going
on in their
LIFE?

Am I ready?



Am I prepared?



**Is this the
right time
and place?**



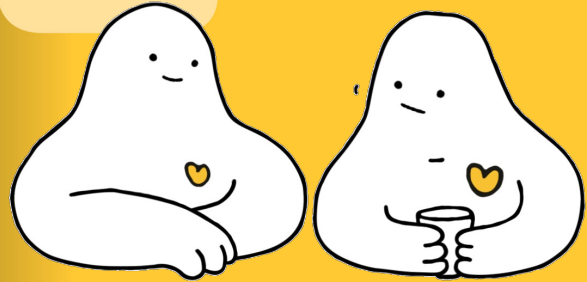
4 steps of an R U OK? conversation

A



Ask R U OK?

L



Listen

E



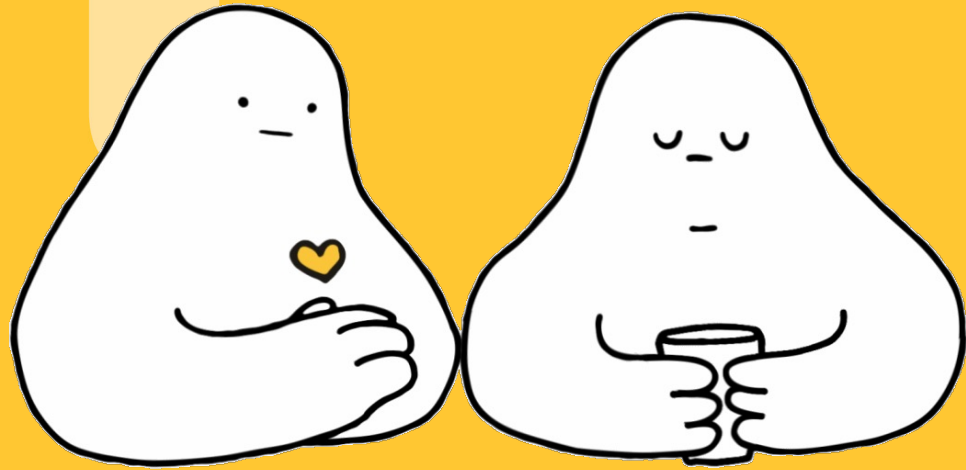
**Encourage
action**

C



Check in

1



Ask R U OK?

How are you doing?

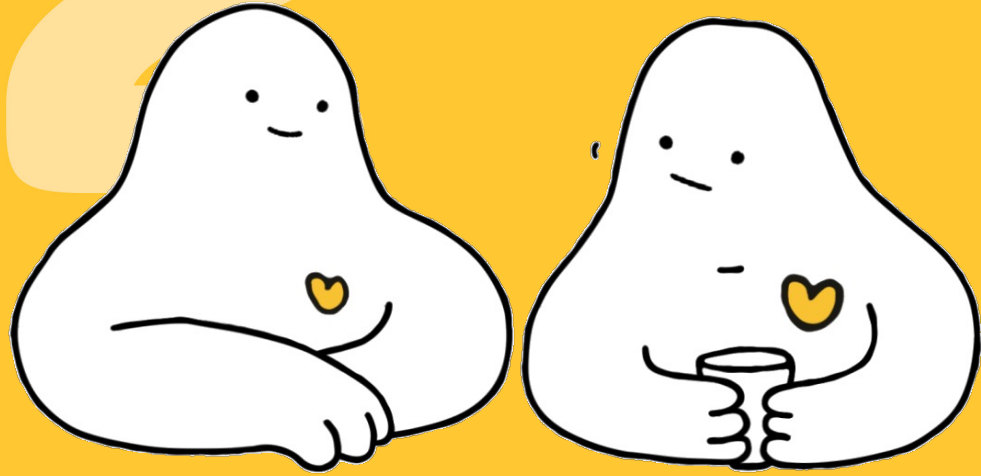
Is there something on your mind?

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

I know things have been hard lately. How are you feeling?

RUOK?TM

A conversation could change a life.



Listen

I'm here to listen

Take your time

Tell me more about...

How does that make you feel?



Encourage action

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

What has helped
you with this in
the past?

Have you spoken
to your doctor
about this?

How can I
support you?

Useful contacts

Lifeline (24/7)

13 11 14

lifeline.org.au

Mensline

1300 78 99 78

mensline.org.au

QLife

1800 184 527

qlife.org.au

National Debt Helpline

1800 007 007

ndh.org.au

13 YARN (24/7)

13 92 76

13yarn.org.au

headspace

1800 650 890

headspace.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

1800RESPECT (24/7)

1800 737 732

1800respect.org.au

Kids Helpline (24/7)

1800 55 1800

kidshelpline.com.au

Head to Health

1800 595 212

headtohealth.gov.au

Open Arms (24/7)

1800 011 046

openarms.gov.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.org.au

4



Check in

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

Have things improved for you since our last chat?

Is there anything you wanted to chat further about?

Have you taken those first steps?

SPARK
A CONVERSATION WITH A
TRADE MATE

RUOK?
A conversation could change a life.

Learn more ruok.org.au/tradies

**Ask your mob,
your way,
RUOK?**

“I've always been the sort of the person to say, 'Hey, if you need me, know I'm here. Happy to have a yarn.'”

Bianca
Hortland, Barwick & Chalmers, Wedge

STRONGER TOGETHER
ruok.org.au/strongertogether

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ARE THEY TRIPLE OK?

We're always there to help. Let's make sure we help each other and ask RUOK?
ruok.org.au/triple-ok

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A conversation could change a life.

THE MATESHIP MANUAL

How you can help someone who's doing it tough because of a natural disaster or emergency

RUOK?
A conversation could change a life.

A conversation guide for coaches

Hey Sport, **RUOK?**

Be the coach that changes lives. Ask R U OK?

Be an RUOK? Workplace Champion

RUOK? Workplace Champions Guide

FREE GUIDE

Learn how at ruok.org.au/work

RUOK?
A conversation could change a life.

A guide to asking RUOK?

RUOK?
A conversation could change a life.

ruok.org.au

An RUOK? Toolkit for Secondary Schools

RUOK? at school

CHANCES ARE ONE OF YOUR WORK FAMILY NEEDS TO TALK.

Ask the question.

Find out how at ruok.org.au

RUOK?
A conversation could change a life.

GIVE THE GIFT OF CONVERSATION

How are you?

A simple chat can mean everything to a friend or loved one. It could change, or even save, their life. If someone needs to talk, they might not always let you know, so check in with those you care about and ask if they're OK, because your matter matters.

Partnership with **United CARE**

Learn what to say at ruok.org.au/yourmattermatters

RUOK?
A conversation could change a life.

Who will you

Ask



RUOK?TM

A conversation could change a life.