



Ask R U OK?

How are you travelling?

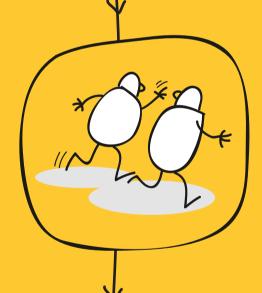
You don't seem yourself lately – want to talk about it?



Listen with an open mind

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

Have you been feeling this way for a while?



Encourage action

Have you thought about speaking to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



Check in

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

Have things improved or changed since we last spoke?



Learn what to say at ruok.org.au A conversation could change a life