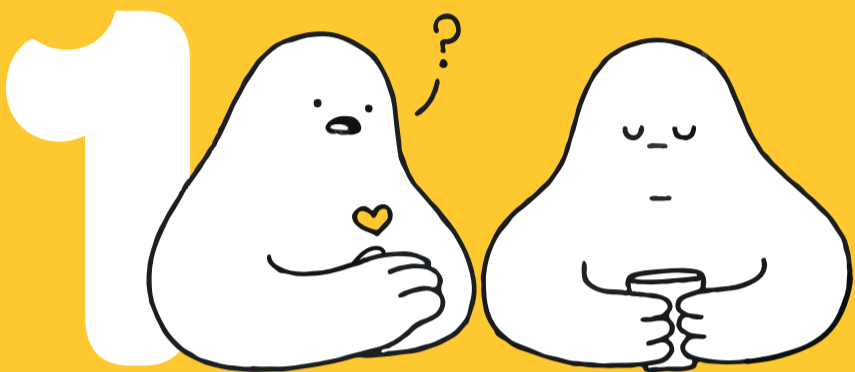


# Ask

## RUOK?™

### 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 would help you through this?

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 we last spoke?

### Check in

Learn more at [ruok.org.au](http://ruok.org.au)