

I'm clocking Ks for R U OK?

**My goal is to clock _____km
to help raise funds and awareness for R U OK?**



I would hugely appreciate your support. Just scan the QR code and then search my name.

Every donation helps bring us towards a world where we are all connected and protected from suicide.

By inspiring people to take the time to ask, 'Are you OK?' and listen, we can help people struggling with life to feel connected long before they even think about suicide.



#KsforRUOK
ksforruok.ruok.org.au

