

Ask

RUOK?™

Make staying connected and asking RUOK? part of your everyday

Start by asking "Are you OK?"

No, I'm not OK.
Dig a bit deeper:

"What's been happening?"

"Have you been feeling
this way for a while?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.
But your gut says they're not:

"It's just that you don't seem to
be your usual self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

Find more tips at ruok.org.au