



**ASK  
R U OK?**



# Trust the Signs, Trust your Gut & Ask R U OK?

**It's time to ask R U OK? if you notice a change,  
no matter how small.**

**WHAT ARE THEY  
SAYING?**

**Do they seem:**

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

**WHAT ARE THEY  
DOING**

**Are they:**

- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviour
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

**WHAT'S GOING  
ON IN THEIR  
LIFE**

**Are they experiencing:**

- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about



**R U OK?**

## Starting a conversation



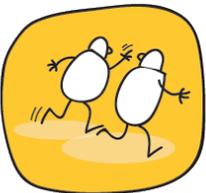
### 1. Ask R U OK?

- Pick the right time and place to start the conversation.
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"



### 2. Listen

- Take what they say seriously and don't interrupt or rush the conversation.
- Encourage them to explain: "How are you feeling about that" or "How long have you felt that way?"
- Show that you're listening by repeating back what you've heard (in your own words) and ask if you've understood them properly.



### 3. Encourage action

- Help them think of next steps they could take to help them manage their situation.
- If they've been down for more than two weeks, encourage them to see a health professional.
- Be positive about the role of professionals in getting through tough times.



### 4. Check in

- Schedule a reminder to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

## Can you spot the changes?



Find the 6 differences between these two illustrations.



## Useful contacts for someone who's not OK

Encourage them to connect with a trusted health professional, like their GP, or these Australian crisis lines and professionals:

#### Lifeline (24/7)

13 11 14  
lifeline.org.au

#### Suicide Call Back

**Service (24/7)**  
1300 659 467  
suicidecallbackservice.org.au

#### Beyond Blue (24/7)

1300 224 636  
beyondblue.org.au

#### Kids Helpline (24/7)

1800 551 800  
kidshelp.com.au

#### SANE Australia

1800 18 SANE (7263)  
sane.org

#### More contacts

ruok.org.au/findhelp

# RU OK?™

A conversation could change a life.

ruok.org.au