

**RUOK?**<sup>TM</sup>

A conversation could change a life.

**Ask R U OK?**

# Ask someone who's having troubles

caring  
for  
someone

Stress

\$\$\$s

Are you ok?

Just  
overwhelmed

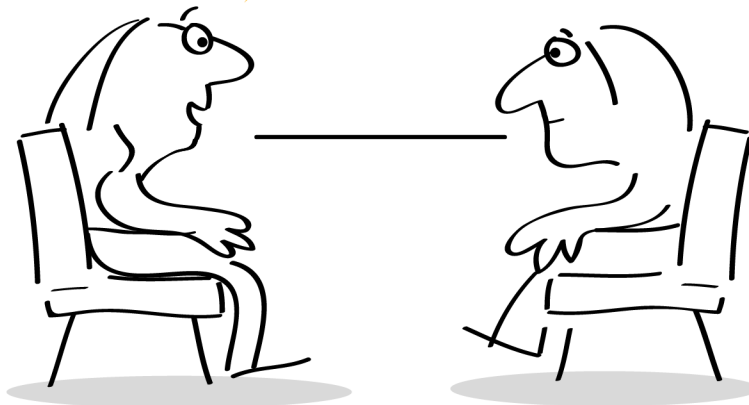
illness

Exams

Relationships

RUOK?™

you don't seem to be  
your old self , wassup?



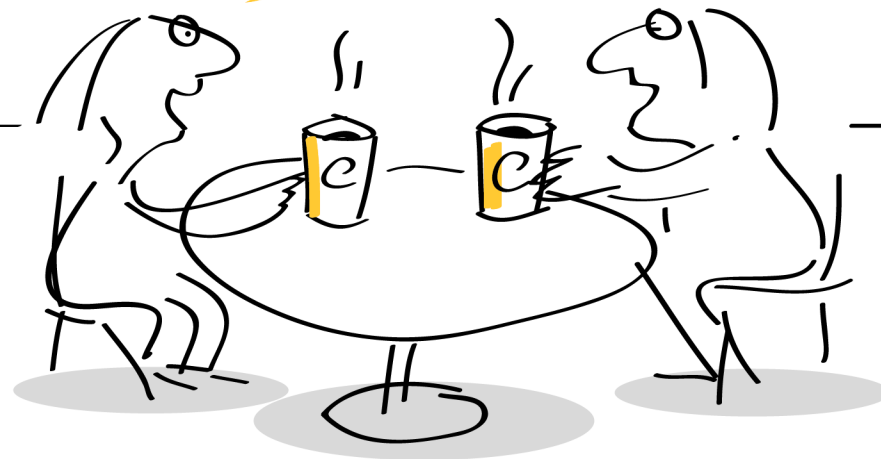
I don't see much of you these days, where have you been?





**Listen without judgement**

So, how's it all going?



**Don't say...**

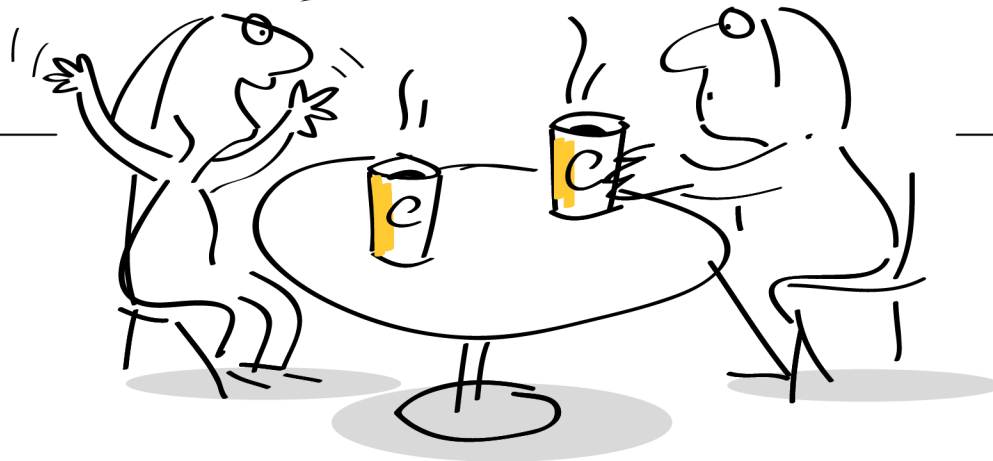
I know what  
you're going through





**Don't say...**

Look on the bright side



**Do say...**

you're not alone



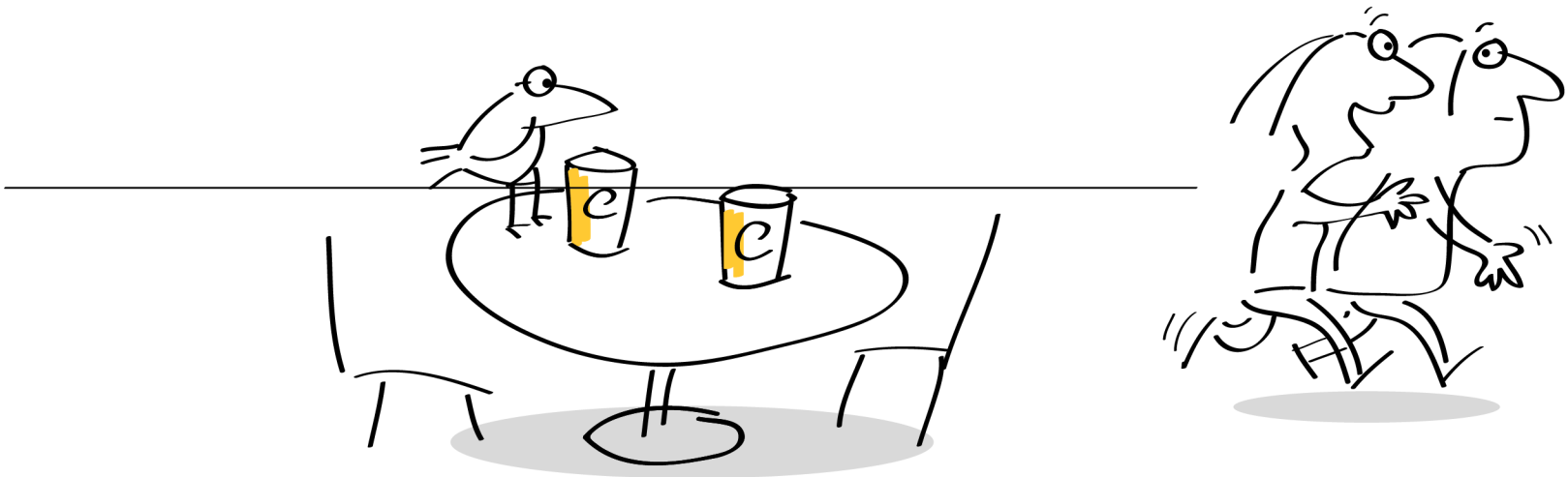
**Do say...**

How can I help out?



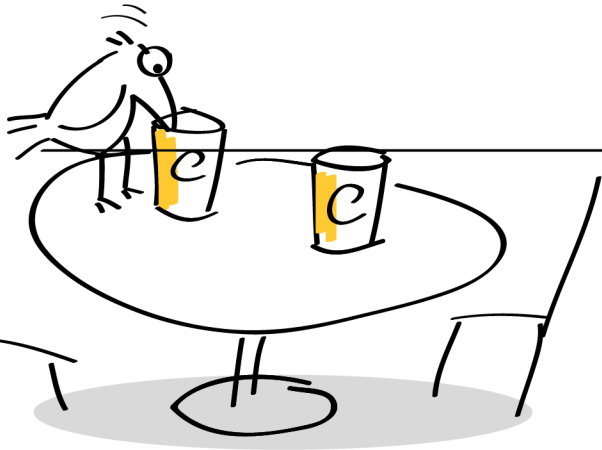
**Encourage Action**

have you spoken to  
anyone about this?

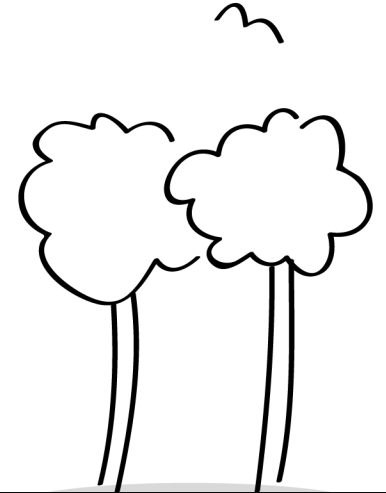


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What would help  
you manage the load?



how do you think you can  
resolve that situation?



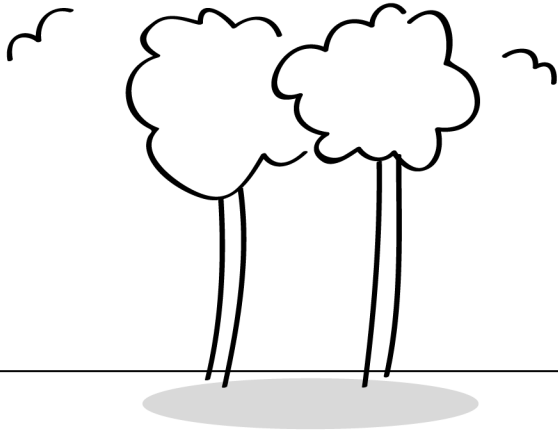
What can we change  
to make life easier?





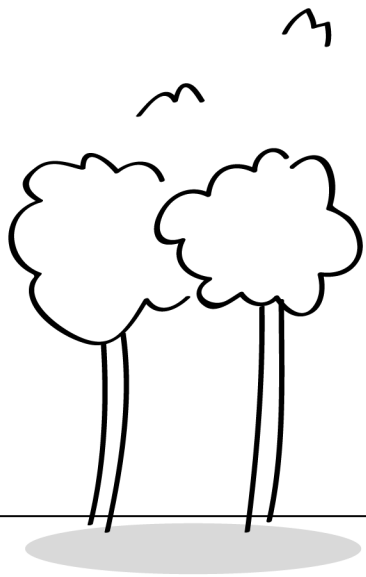
**Dealing with Denial?**

I'm always here for you  
if you want a chat, ok?



**Check in**

let's catch up soon  
to see how you're doin'



three little words that  
can make a difference  
to someone's life...

**Are you ok?**

# Who will you ask?



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Need more tips?  
**Visit [ruok.org.au](http://ruok.org.au)**