

*really*  
**Are they OK?**

**Ask them  
today**

**Make a moment  
meaningful and  
ask R U OK?**

## **Find time to ask them how they're really going:**

- On breaks from work or study.
- When exercising together.
- When connecting or doing activities together online.
- When you're spending time together socially.
- When you're doing an activity side-by-side.
- When you're sharing a meal.
- When you're travelling together, even a short trip can be a good time to talk.
- Whenever you're spending quality time together.

**Remember to stay connected and make asking  
"are you OK?" part of your everyday**

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

**RU OK?**<sup>TM</sup>  
A conversation could change a life.