



1. Ask



2. Listen



3. Encourage  
action



4. Check in

## Preparing for the conversation



### Be ready

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Have you set aside the time you might need?



### Be prepared

- Remember that you won't have all the answers (and that's OK).
- It can be difficult for people to talk about personal struggles and they might be emotional, embarrassed or upset.



### Pick your moment

- Have you chosen somewhere relatively private where you'll both be comfortable to chat?
- When is a good time for them to have a meaningful chat?
- If they don't have time when you first approach them, arrange another time for the conversation.
- It might be more comfortable for the person to be side-by-side with you (e.g. walking together or sitting in the car) rather than face-to-face.

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really  
Are they OK? Ask them today

*really*  
**Are they OK?**

**Ask them today**

**Make staying connected and asking R U OK? 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."

Learn how to ask  
at [ruok.org.au](http://ruok.org.au)

**R U OK?**<sup>TM</sup>

A conversation could change a life.

*really*  
**Are they OK?**

**Ask them today**

**Have a conversation using these 4 steps**



**1. Ask R U OK?**

How are you travelling?

You don't seem yourself lately – want to talk about it?



**2. Listen with an open mind**

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



**3. Encourage action**

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



**4. Check in**

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

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