

“We all need a safe place and safe person to talk to – I really believe it saves lives”



Sandra (centre)

**Sandra**

HR, Bass Strait Transport

Drive  
conversations  
and ask  
'are you OK?'



[www.healthyheads.org.au/ruok](http://www.healthyheads.org.au/ruok)

**RU OK?**<sup>TM</sup>  
inTrucks&Sheds