

# Have a conversation using these 4 steps

1



How are you  
travelling?

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

## Ask R U OK?

2



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

Have you been  
feeling this way  
for a while?

## Listen

3



What have you  
done before that  
has helped?

Have you spoken  
to your doctor  
about this?

## Encourage action

4



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

Have things  
improved for you  
since we last  
spoke?

## Check in



Scan the QR code or go to  
[healthyheads.org.au/ruok](https://healthyheads.org.au/ruok)

# Ask

## R U OK?<sup>TM</sup> in Trucks & Sheds

No qualifications needed