

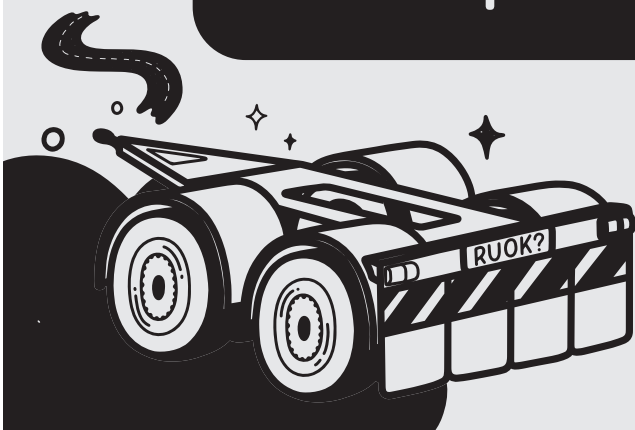


If you feel qualified enough to explain to your 4-year old that a converter dolly will not fit in their pram...

...you can ask a mate


RUOK?TM

No qualifications needed



healthyheads.org.au/ruok





If you feel
qualified enough
to assemble flat pack
furniture without
the instructions...

...you can ask a mate


RUOK?TM

No qualifications needed



healthyheads.org.au/ruok



A collection of black and white line drawings of musical instruments and notes, including a boombox, drums, a disco ball, and a guitar, floating in the top right corner.

**If you feel qualified
enough to explain
why playing 90's hits
in the warehouse will
increase productivity
by 34.3%...**

...you can ask a mate


RUOK?TM

No qualifications needed



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**If you feel qualified
enough to critique
5-star cuisine
while scoffing two
minute noodles...**

...you can ask a mate


RUOK?TM

No qualifications needed



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**If you feel
qualified enough
to second guess the
ref from your seat
in the nosebleeds...**

...you can ask a mate

RUOK?TM

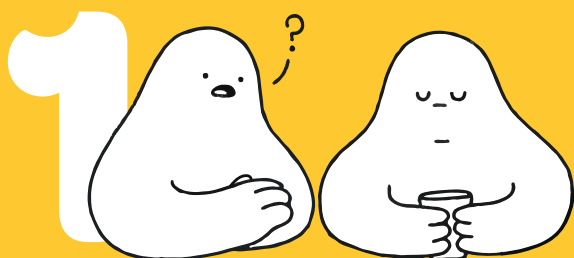
No qualifications needed



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Have a conversation using these 4 steps



How are you
travelling?

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

Ask R U OK?



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

Have you been
feeling this way
for a while?

Listen



What have you
done before that
has helped?

Have you spoken
to your doctor
about this?

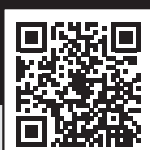
Encourage action



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

Ask

RU OK?
in Trucks & Sheds

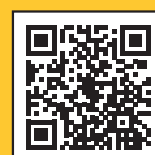
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Ask

RUOK?TM
inTrucks&Sheds

No qualifications needed



Scan the QR code or go to
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Finding help

Support services

If your life is in danger or you're concerned for your own or someone else's safety, please call 000.

If you're finding life tough or need some extra support, it can help to talk with someone you trust.

You and your loved ones can find support by contacting your local doctor or one of these support services below for advice on what to do next.

Lifeline (24/7)

13 11 14

lifeline.org.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

Kids Helpline

(24/7, for youth 5-25)

1800 55 1800

kidshelpline.com.au

13 YARN (24/7)

Crisis support for
Aboriginal and Torres
Strait Islander people
13 92 76

13yarn.org.au

QLife (3pm-midnight)

Anonymous, free
LGBTI support
1800 184 527
qlife.org.au

MensLine (24/7)

1300 78 99 78
mensline.org.au

More contacts

ruok.org.au/findhelp

For additional information on how to access Australia's most trusted mental health service providers, visit **headtohealth.gov.au**



Scan the QR code or go to
healthyheads.org.au/ruok

Ask

RUOK?TM
inTrucks&Sheds

No qualifications needed