

**You don't need
to be an expert to
have an R U OK?
conversation with
a mate or colleague.**

Ask

RUOK?TM
inTrucks&Sheds

No qualifications needed



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

The 4 Steps of an R U OK? Conversation

A genuine chat can help someone feel more connected and supported, long before they are in crisis.

1



Ask R U OK?

In a way that feels comfortable

2



Listen

With an open mind

3



Encourage action

If they say they're not OK

4



Check in

At a later time to see how they're tracking

For a directory of help services visit
www.ruok.org.au/findhelp