



Having mates at work who know my situation and give me the space to talk about it **makes me feel less alone.**

Tom

Workshop Leading Hand



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healthyheads.org.au/ruok

Ask

RUOK?TM
inTrucks&Sheds

No qualifications needed



No matter your job,
role or age, having a listening
ear can be a life changer.

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I'm no longer afraid to say
I'm not OK. I think me being
so open has helped the boys
be more open too.

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