

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?

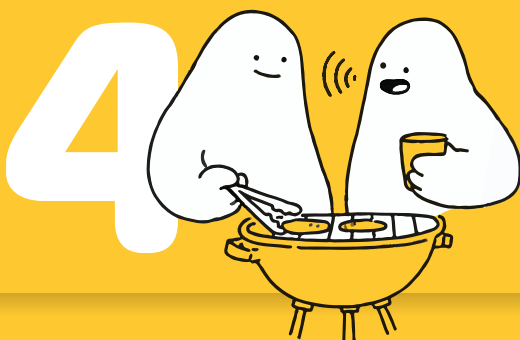
Listen



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? **ANY DAY**
inTrucks&Sheds