

Ask

RUOK?™

No qualifications needed

Have a conversation using these 4 steps

1



How are you travelling?

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

Ask RUOK?

2



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

Have you been feeling this way for a while?

Listen

3



What do you think is a first step that would help you through this?

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

Learn more at ruok.org.au