Who will you ask?

R U OK? Day

Thursday 13 September

R U OK? Day is a national day of action dedicated to encouraging all Australians to ask family, friends and colleagues, ‘Are you ok?’ By simply connecting with people in your life – not just those at obvious risk – you can help stop little problems becoming bigger.

In the time it takes to have your coffee, you can start a conversation that could change a life.

1. Ask R U OK?
   - Start a conversation somewhere private
   - Build trust through open and relaxed body language
   - Ask open-ended questions

2. Listen without judgement
   - Guide the conversation with caring questions
   - Give them time to reply
   - Don’t rush to solve problems for them

3. Encourage action
   - Summarise the issues and ask them what they plan to do
   - Encourage them to take one step, such as see their doctor
   - Help them to get in contact with a local doctor or Employee Assistance Program

4. Follow up
   - Put a note in your diary to call them in one week
   - Ask if they’ve managed to take that first step and see someone
   - Reassure them that there’s someone out there who can help them

Principal sponsor:

Medibank Community Fund

Major sponsor:

Gloria Jean’s Coffees

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