Who will you ask?

R U OK? Day is a national day of action which aims to reduce suicide by inspiring Australians to reach out to their friends and loved ones and ask “R U OK?”.

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

1. Break the ice
   - Start a general conversation somewhere private.
   - Build trust through eye contact and a relaxed body disposition.
   - Ask open-ended questions.

2. Listen without judgement
   - Guide the conversation with caring questions.
   - The more they talk the better. A problem shared is a problem halved.
   - It is better to have a full understanding of the issues before suggesting solutions.

3. Encourage action
   - Summarise the issues and ask them what they plan to do.
   - Encourage them to take one step, such as talk to someone they trust.
   - It is essential to follow up. Nothing changes until someone acts.

4. Follow up
   - People who are really struggling often find it difficult to take action. It is very important to follow up on how they are going.
   - Put a note in your diary to call them in one week. If they are desperate, follow up with them sooner.
   - Ask if they have managed to take that first step and see someone.

Principal sponsor: Medibank Community Fund

Major sponsor: Gloria Jean’s Coffee

R U OK? Limited gratefully acknowledges the funding provided by the Australian Government National Suicide Prevention Program.

www.ruokday.com.au | hello@ruokday.com.au