

RUOK?™

A conversation could
change a life

13 Sep 2019

Did you know?

- 20 % of people experience a mental health condition in any one year
- 45% of the population experience a mental health issue at some stage in their life
- Males are less likely to seek help for mental health issues than females
- Talking to others about our problems assists in dealing with them effectively



Ask R U OK?

- RUOK was started in 2009 by Gavin Larkin with the aim of encouraging people to ask each other a simple question...

Stress

caring
for
someone

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Are you ok?

Just
overwhelmed

illness

Family

Relationships





Listen without judgement

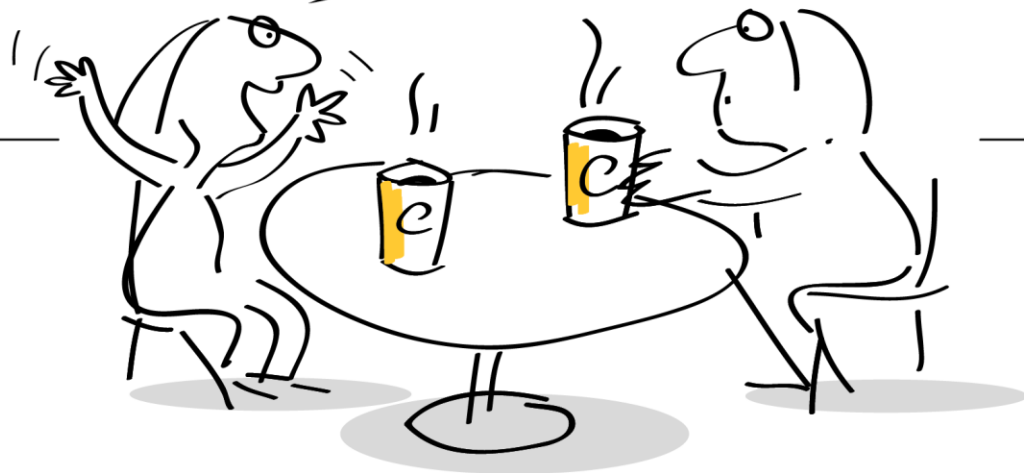
so, how's it all going?



I know what
you're going through



Look on the bright side



you're not alone



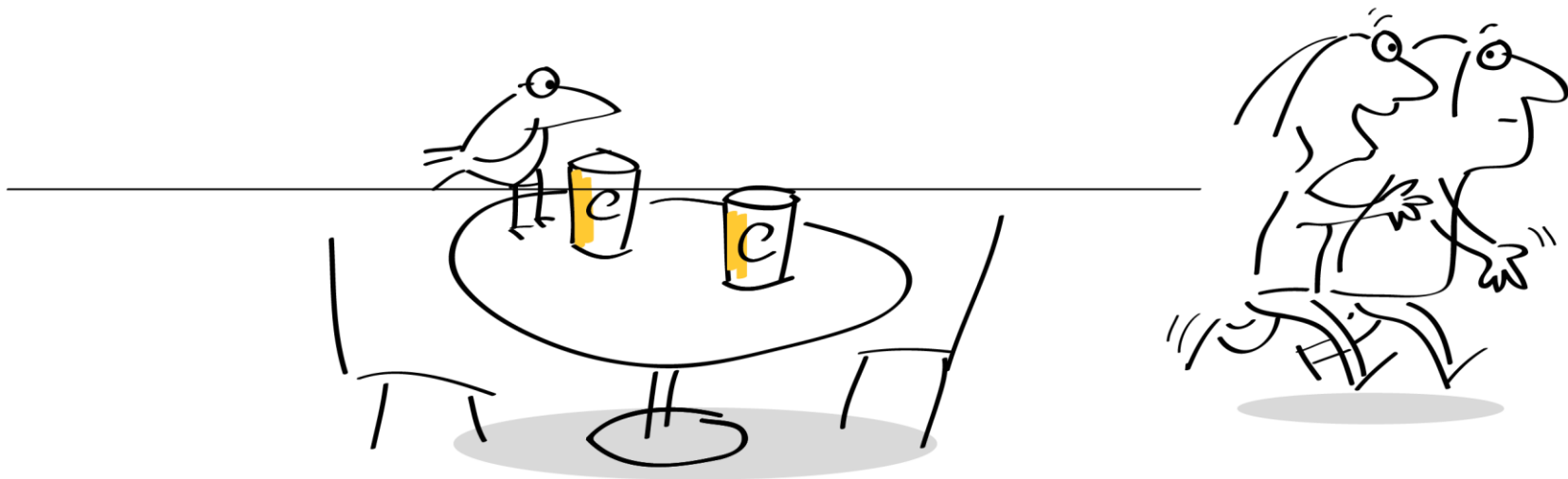
How can I help out?





Encourage Action

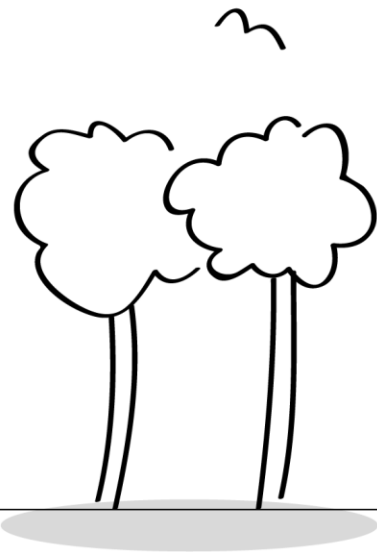
have you spoken to
anyone about this?



What would help
you manage the load?



resolve that situation!



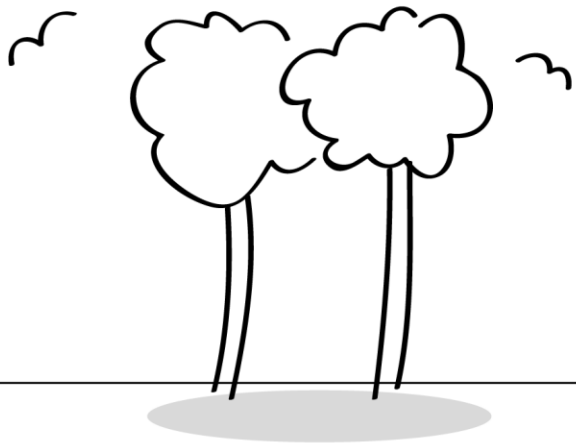
to make life easier?





Dealing with Denial?

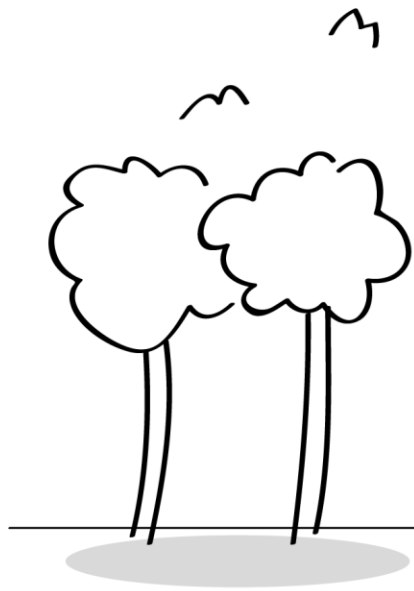
I'm always here for you
if you want a chat, ok?

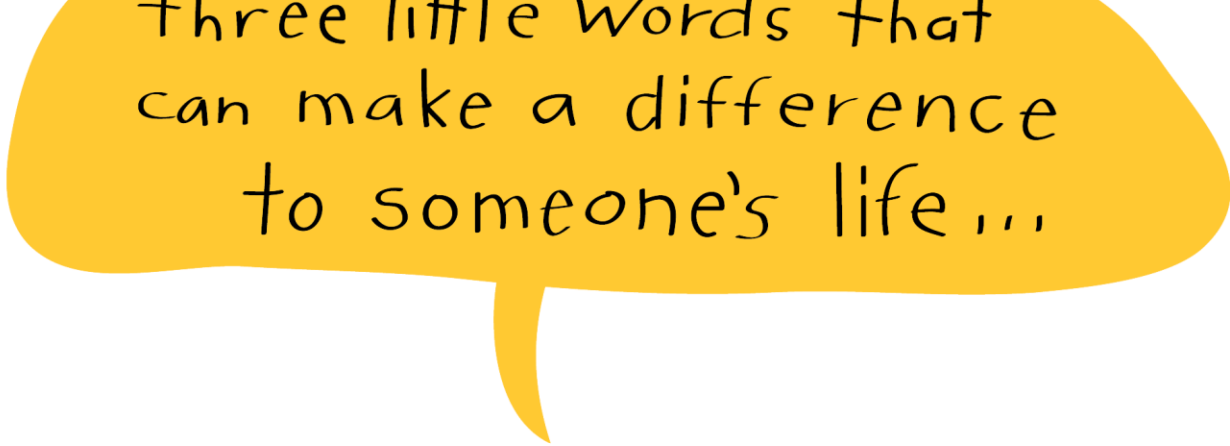


A large, yellow, rounded speech bubble with a small tail pointing downwards and to the left. The bubble is centered on a white background.

Follow Up

Let's catch up soon
to see how you're doin'



A yellow speech bubble with a tail pointing downwards towards the text 'Are you ok?'.

Three little words that
can make a difference
to someone's life...

Are you ok?



RUOK?TM

A conversation could change a life.

Need more tips?
Vist ruok.org.au