

Who will you ask



R U OK? DAY™

Thursday 7 October

R U OK?Day is a national day of action to reduce suicide in Australia by inspiring Australians to reach out to their friends and loved ones and ask "R U OK?". By simply connecting with people in your life – not just those at obvious risk – you can help stop little problems turning into big ones.



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

Break the ice	<ul style="list-style-type: none">• Start a general conversation somewhere private.• Build trust through good eye contact and a relaxed disposition.• Ask open ended questions.
Listen without judgement	<ul style="list-style-type: none">• Guide the conversation with caring questions• The more they talk the better – a problem shared is a problem halved.• It is best to have a full understanding of the issues before problem solving.
Encourage action	<ul style="list-style-type: none">• Summarise the issues and ask them what they plan to do.• Encourage them to take one step.• It is essential to follow up – nothing changes until someone acts.

Visit www.ruokday.com.au for full resources and support.