



**If you're worried about someone start by asking "Are you OK?"**

**No, I'm not OK.**

**Dig a bit deeper:**

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

**Yes, I'm fine.**

**But your gut says they're not:**

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

**Make time to check in:**

"Let's chat again next week."

**RUOK? DAY™**

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A conversation could change a life