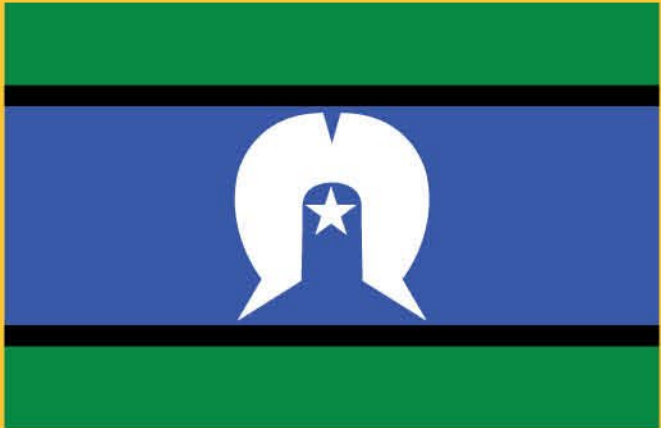


RU OK? DAY™

14 September 2023



Acknowledgement of Country





Coming up

- Who we are
- Research findings
- Our 2023 message
- How to have an RU OK? Conversation
- RU OK? resources



What is R U OK?

R U OK? is a harm prevention charity that encourages people to **stay connected and have conversations** that can help others through difficult times in their lives.



Mental health in Australia



2 in 5

say they know someone in their personal life or networks, who has died by or attempted suicide in the last 12 months.



1 in 5

report having experienced suicidal behaviour in the past 12 months.



3 in 4

say they have experienced elevated distress beyond normal levels due to social and economic circumstances compared to this time last year.



What does a meaningful conversation look like?



- Makes them feel supported, heard and safe
- The conversation is helpful and makes them feel better and managing their situation

Key research findings

What can help people feel comfortable to share:



Trust

The person asking is someone they trust or are close to



Authenticity

The person genuinely cares about them and is ready to listen



Environment

Privacy and time to share what they want to say



A good conversation

The people who reached out to me with support kept me going. They still do. It really makes a difference.

Talking is liberating. It has also saved my life.

Having someone ask and listen made me realise people care and I didn't have to battle my mind alone.

A conversation might not seem like a big deal, but for anyone facing mental health struggles, just knowing that someone cares for you has a huge impact.

Talking is only one part of the story - having people who will listen - that is the REAL difference.



I'm here
to hear





How to have an R U OK? conversation





“
What are
they
SAYING?”

What are
they
DOING?

What's going
on in their
LIFE?

Am I ready?



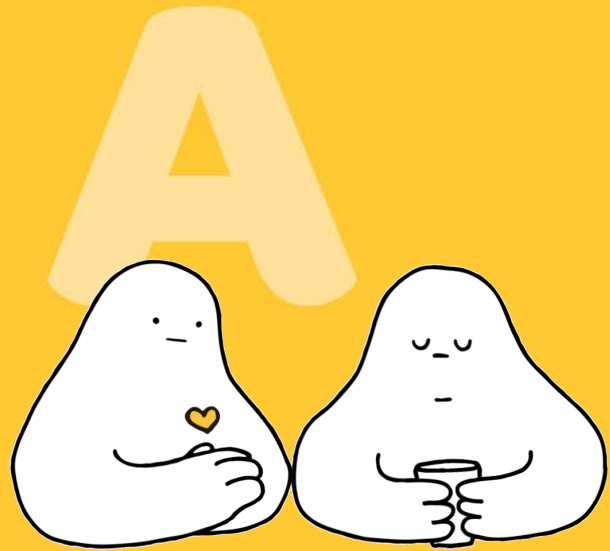
Am I prepared?



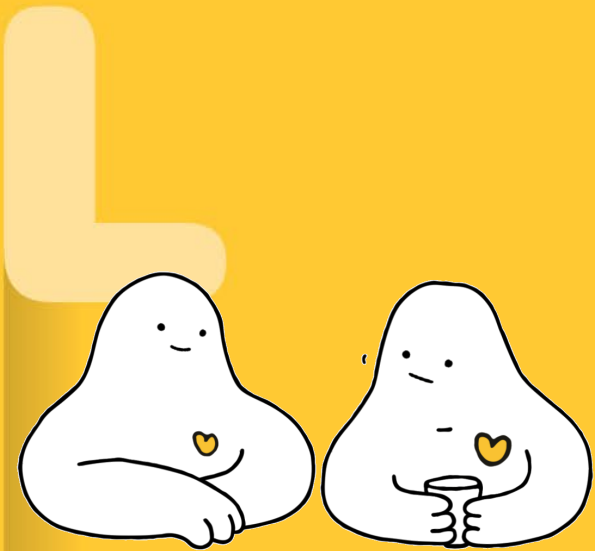
Have I
picked my
moment?



4 steps of an R U OK? conversation



Ask R U OK?



Listen



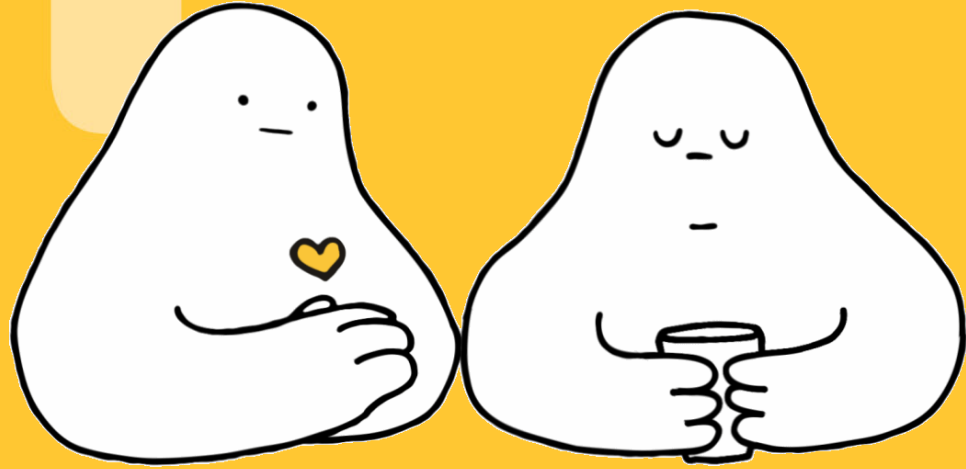
**Encourage
action**



Check in



1



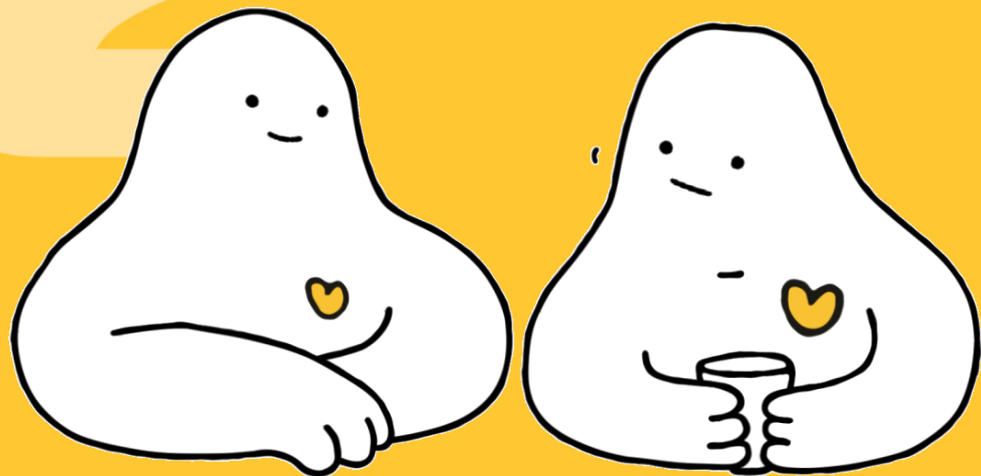
Ask R U OK?

How are you doing?

Is there something on your mind?

I've noticed you're not quite yourself - is everything OK?

I know things have been hard lately. How are you feeling?



Listen

I'm here to listen

Take your time

Tell me more about...

How does that make you feel?



Encourage action

What are some first steps we could take?

What has helped you with this in the past?

Have you spoken to your doctor about this?

How can I support you?



Useful contacts for someone who's not OK

Lifeline (24/7)

13 11 14

lifeline.org.au

Kids Helpline (24/7)

1800 55 1800

kidshelpline.com.au

headspace

1800 650 890

headspace.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

13 YARN (24/7)

13 92 76

13yarn.org.au

Mensline

1300 78 99 78

mensline.org.au

Head to Health

1800 595 212

headtohealth.gov.au

Open Arms (24/7)

1800 011 046

openarms.gov.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.org.au

Qlife

1800 184 527

qlife.org.au

National Debt Helpline

1800 007 007

ndh.org.au



4



Check in

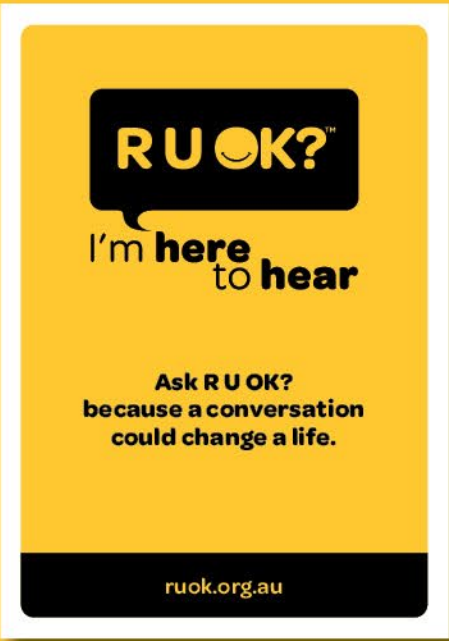
Just wanted to check in and see how you're doing?

How have things been since we last spoke?

Is there anything you wanted to chat further about?

Have you taken those first steps?

Resources to download and share



RUOK?
I'm here to hear

Ask RUOK?
because a conversation
could change a life.

ruok.org.au



RUOK?
I'm here to hear

ruok.org.au



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RUOK?
A conversation could change a life.

Your *interactive* guide to supporting RUOK?

Click here to get started →



RUOK?
A conversation could change a life.

Conversation Guide

ruok.org.au



Who will you **hear?**