

R U OK? Day



How to ask R U OK? Simple steps that could change a life.

1. Ask

- Be relaxed, friendly and concerned.
- Help them open up by asking questions like “How are you going?” or “What’s been happening?”
- Mention specific things that have made you concerned for them, like “You seem less chatty than usual. How are you going?”



2. Listen

- Take what they say seriously and don’t interrupt or rush the conversation.
- Don’t judge their experiences or reactions.
- If they need time to think, sit patiently with them in silence.
- Encourage them to explain: “How are you feeling about that?” or “How long have you felt that way?”



3. Encourage action

- Ask: “What have you done in the past to manage similar situations?”, “How would you like me to support you?”
- Encourage them to see a health professional.
- Be positive about the role of professionals in getting through tough times.”



4. Check in

- Pop a reminder in your diary to call them in a couple of weeks.
- You could say: “I’ve been thinking of you and wanted to know how you’ve been going since we last chatted.”
- Stay in touch and be there for them.

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