

# Health & Wellbeing

## October – Mental Health



### *R U OK? A conversation could change a life*

Three simple words could have the ability to turn someone's life around: **R U OK?**

If you think someone might have something on their mind, ask **R U OK?** Mental health issues are likely to affect almost half of the Australian population at some stage in their lives. Asking someone if they're OK may be the prompt they need to seek help, and get back on track.

Some people feel ill-prepared to offer advice to those struggling with mental health problems, and that's OK. The reality is, some issues are just too big for family and friends to solve alone.

But it isn't about making everything OK all by yourself; it's about asking the question and providing the tools to empower the person who may be struggling. Before jumping in, you should ask yourself some key questions to ensure the best possible outcome:

#### **1. Am I ready?**

- Am I in a good headspace to ask **R U OK?**
- Am I genuinely ready to listen?
- Can I give this person as much time as they need?

#### **2. Am I prepared?**

- Do I understand that someone might say, 'No, I'm not OK'?
- Do I understand that I can't fix someone's problems?
- Do I accept that they may not be ready to talk, or might not want to talk to me?

#### **3. Have I chosen the right moment?**

- Am I somewhere relatively private and comfortable?
- Have I chosen a good time for them to chat?

Asking yourself these questions before asking **R U OK?** can improve the chances of the person opening up to you and speaking about their feelings. Once you have reflected on the above questions, it's time for the chat.

These questions will help you structure your conversation:

1. Ask 'R U OK?'
2. Listen without judgement
3. Encourage action
4. Check in at a later date



**1. Ask**



**2. Listen**



**3. Encourage  
action**



**4. Check in**

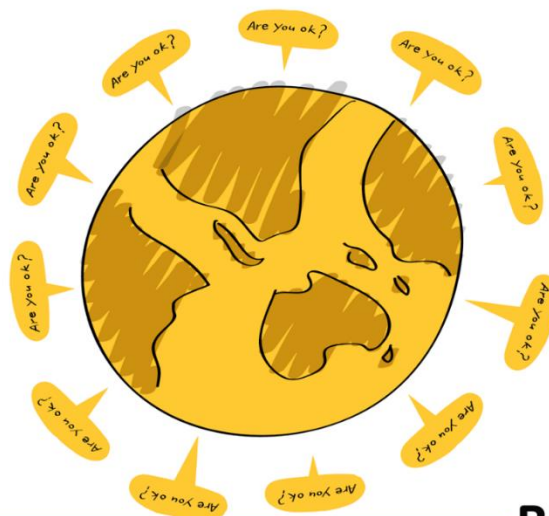
More comprehensive ideas, including prompts and 'what if' scenarios can be found on the R U OK Day website.

Always remember, you're not on your own. If you don't feel equipped to offer the person advice, there are many organisations that you can direct them to, all available on the R U OK Day website.



<https://www.ruok.org.au/>

## Who will you ask?



**RUOK?**

*To be a leader in the development of a vibrant, healthier community*

# 😊 You've got what it takes 😊

**Ask  
R U OK?**

**or something like this:**

"How you travelling?"

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

**Dig a bit deeper:**

"What's been happening?"

"How long has that  
been the case?"

"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  
your old self lately."

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

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

**Listen; don't judge**

**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 a professional?"

**Make time to check in:**

"Let's chat again next week."