

**ARE
THEY
TRIPLE
OK?**

**We're always there there to help.
Let's make sure we help each
other and ask R U OK?**

**Ask R U OK?
or something like this:**

"How are 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 like yourself 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 a professional?"

Make time to check in:

"Let's chat again next week."