



**Myxa**  
A Community of Care

**RUOK?**<sup>TM</sup>

A conversation could change a life.

# 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.



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# Mental health in Australia



**1 in 6**

Australians have experienced suicidal thoughts or behaviours in their lifetime



**1 in 2**

Australians have experienced a mental health condition in their lifetime



**1 in 5**

people aged 16 to 34 reported high or very high levels of psychological distress



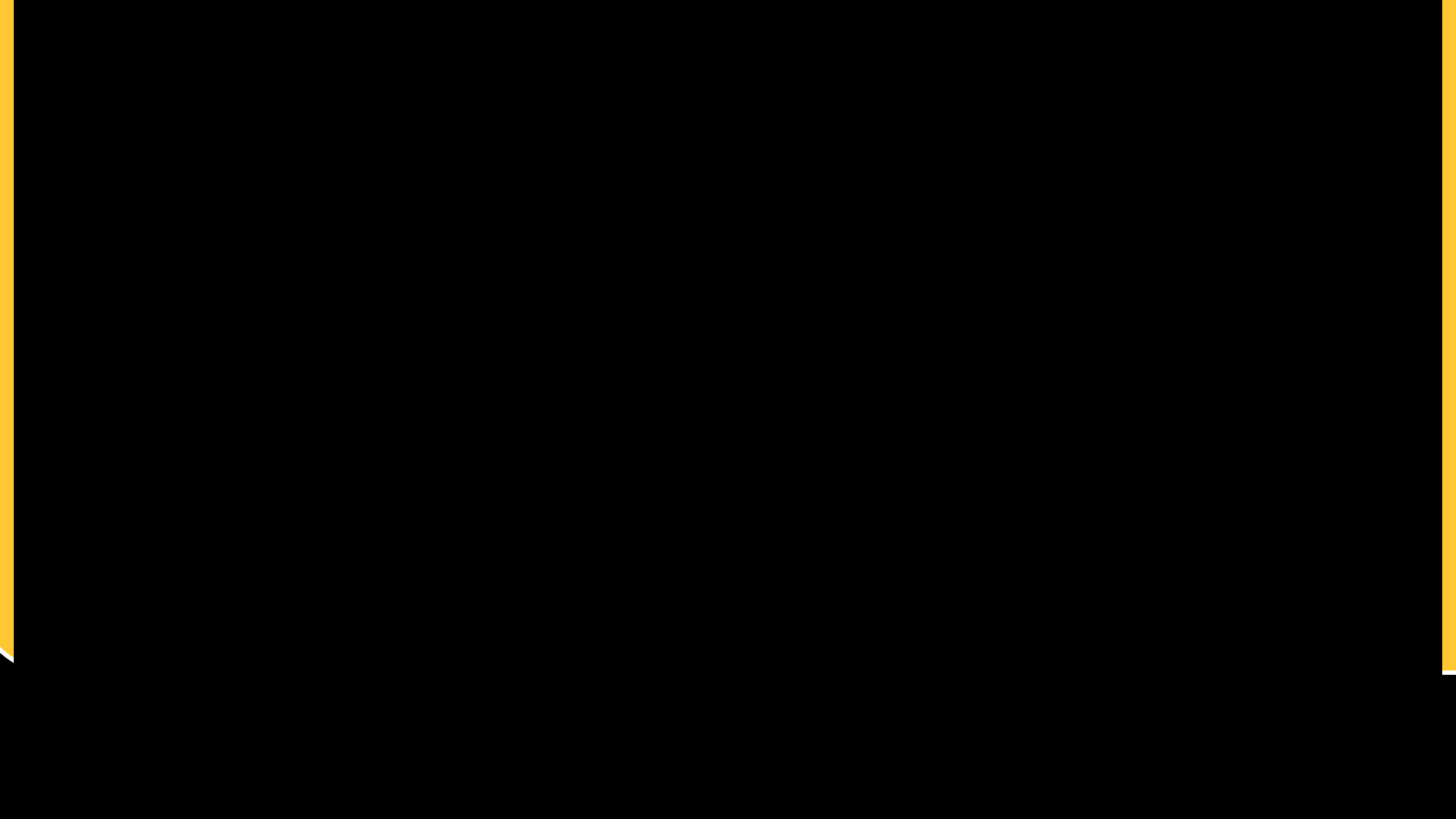
**Almost 2 in 5**

people have been close to someone who had taken or attempted to take their own life



# 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?**



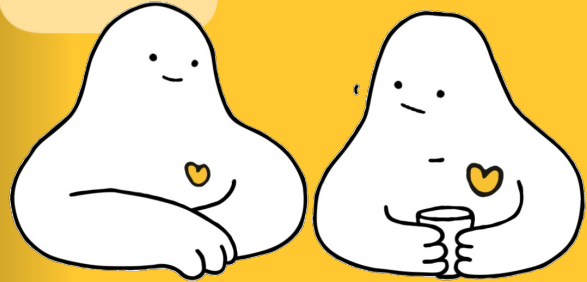
# 4 steps of an R U OK? conversation

A



Ask R U OK?

L



Listen

E



Encourage  
action

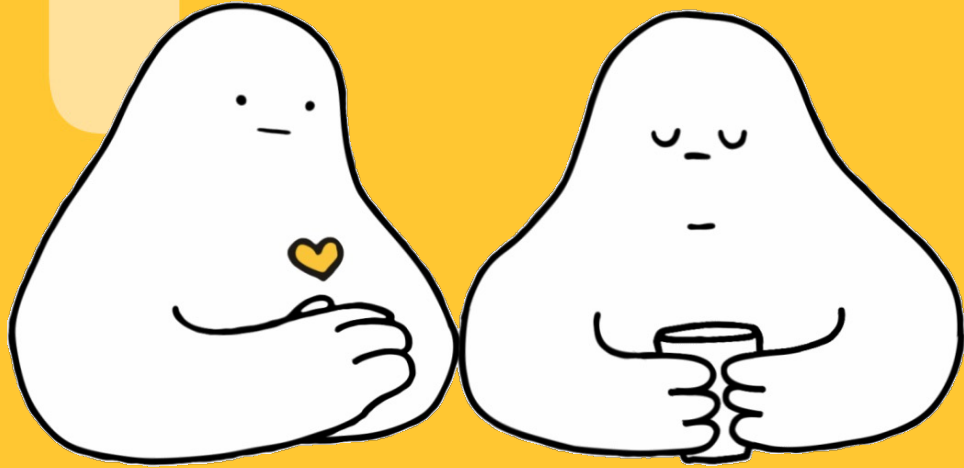
C



Check in



1



**Ask R U OK?**

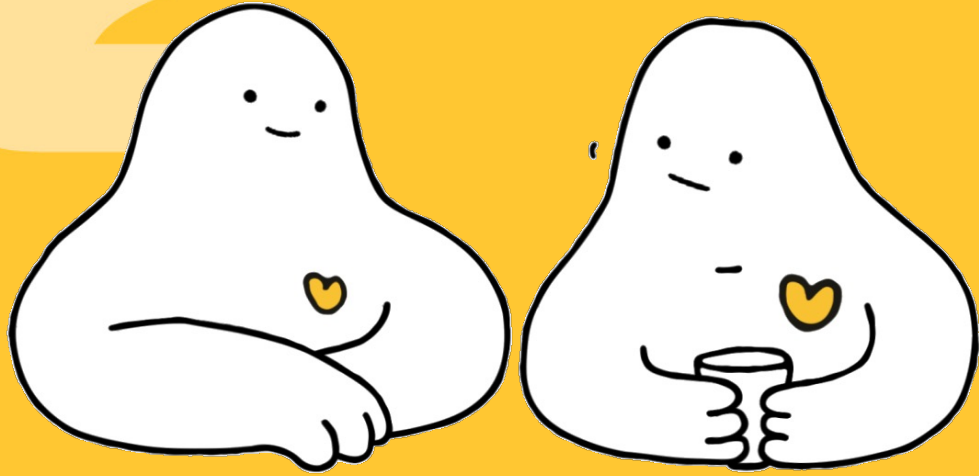
Do you feel you have enough support in your role?

You don't seem yourself lately – want to talk about it?

How are you coping with your current workload?

With you working remotely, do you find it isolating at times?

2



# Listen

I'm here to listen  
if you want to  
talk more.

How are  
you feeling  
about that?

What's it's like for  
you at the moment?



## Encourage action

What do you think  
is a first step that  
would help you  
through this?

What's something  
you enjoy doing?  
Making time for that  
can really help.

Have you  
reached out  
to your direct  
supervisor for  
support?

Have you spoken to your  
doctor or another health  
professional about this?

# Useful contacts for someone who's not OK

## **Lifeline (24/7)**

13 11 14

[lifeline.org.au](http://lifeline.org.au)

## **Kids Helpline (24/7)**

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

## **headspace**

1800 650 890

[headspace.org.au](http://headspace.org.au)

## **Beyond Blue (24/7)**

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

## **13 YARN**

13 92 76

[13yarn.org.au](http://13yarn.org.au)

## **Mensline**

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

## **1800 RESPECT (24/7)**

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

## **Open Arms (24/7)**

1800 011 046

[openarms.gov.au](http://openarms.gov.au)

## **Suicide Call Back Service (24/7)**

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## **Qlife**

1800 184 527

[qlife.org.au](http://qlife.org.au)

## **Employee Assistance Program (EAP Assist)**

Confidential and free to Myxa Staff

[eapassist.com.au](http://eapassist.com.au)

[eapassist.com.au/booking-form](http://eapassist.com.au/booking-form)

Helpline No 0407 086 000

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4



## Check in

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

What's been working for you since we last chatted?

Have things improved or changed since we last spoke?

Do you need more support?





Who will you

Ask?

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