



They've said they're not OK.

I'm going to show them I'm here to listen.



I'll help them open up by asking:

What's been happening?

**Follow that train of thought.  
There's more to say after R U OK?**

**Rail R U OK?Day** | 29 April 2021





They've said they're struggling.

I can show them I want to support them.



I'll start by asking:

Have you been  
feeling this  
way for a while?

**Follow that train of thought.  
There's more to say after R U OK?**

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They've said they're not OK.

I'm going to take this seriously.



I'll say:

I'm here to listen  
if you want to talk  
to me about it.

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They've said they're struggling.



I can show them I want to support them.



I'll start by asking:

What can  
I do to  
support you?

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