

Ask "are you
really OK?" any
day of the year

It can help to
talk about it.

Keep the
conversations  on
track 

Rail R U OK? Day | 28 April 2022
ruok.org.au

TrackSAFE
Foundation

RUOK?[™]
A conversation could change a life.

Ask "are you really OK?" any day of the year

I'm here to listen

Keep the conversation  on track 

Rail R U OK? Day | 28 April 2022
ruok.org.au

TrackSAFE
Foundation

RUOK?
A conversation could change a life.

Ask "are you really OK?" any day of the year

Shall we look into some help options together?

Keep the conversation  on track 

Rail R U OK? Day | 28 April 2022
ruok.org.au

TrackSAFE Foundation

RUOK?[™]
A conversation could change a life.