

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
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R U OK?
A conversation could change a life.

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

I'm here
to listen

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

Shall we look
into some help
options together?

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RUOK?
A conversation could change a life.