Ways to get involved with Rail R U OK?

Share our resources with your workplace

Visit our website to download posters, videos, social media tiles, conversation tips, presentation templates and more.

Share R U OK? conversation tips on social media

Use the suggested copy in our interactive guide or create your own to share across social media.

Organise your own R U OK? event or activity

Our interactive guide contains ideas, activities and resources to help you organise R U OK? activities or events in your workplace. Register your event and keep up to date with the latest news, resources and more. Register at ruok.org.au/events

Become an R U OK? Workplace Champion

An R U OK? Workplace Champion takes a lead role in encouraging peer-to-peer support and regular meaningful conversations in the workplace. Sign up to access our exclusive Workplace Champion resources. Register at ruok.org.au/workplace-champions

Request an R U OK? Community Ambassador

Our Community Ambassadors are a network of volunteers, from across Australia, who have a lived experience of mental ill health or suicide. They represent R U OK? in their local area by hosting events, speaking at community and corporate events or organising fundraisers. Find out more at ruok.org.au/ambassadors

Add a splash of yellow with R U OK? merchandise

R U OK? has a wide range of merchandise to help you add a splash of yellow and encourage more conversations in your workplace. Visit our online store at store.ruok.org.au

Find all the details at:
tracksafefoundation.com.au/event/rail-r-u-ok/

RAIL R U OK?™ | TrackSAFE Foundation

R U OK?™

The 4 steps of an R U OK? conversation.

1

Ask R U OK?

2

Listen

3

Encourage action

4

Check in

Learn more at ruok.org.au

Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

Find support by contacting your local doctor or one of these 24/7 crisis lines:

Lifeline (Australia)	Lifeline (New Zealand)	Beyond Blue	Suicide Call Back Service
13 11 14	0800 543 354	1300 224 636	1300 659 467
lifeline.org.au	lifeline.org.nz	beyondblue.org.au	suicidecallbackservice.org.au