R U OK?™

I'm **here** to **hear**

Create your own R U OK? message board

Print out the below template and signage to start your own R U OK? message board in your workplace or community.

Encourage people to share their own message of support and action.

Write a message to let the people in your world know you're here to hear.

A conversation could change a life.

RAIL R U OK? | TrackSAFE Foundation

R U OK? I'm here to hear

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ruok.org.au

R U OK? I'm here to hear

Learn more at **ruok.org.au**

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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.

You can find support by contacting your local doctor or one of these crisis lines available 24/7.

Lifeline

13 11 14 | lifeline.org.au

Beyond Blue

1300 224 636 | beyondblue.org.au

Suicide Call Back Service

1300 659 467 | suicidecallbackservice.org.au

Local services

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