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ruok.org.au

Acknowledgement of Country

If today's talk brings up tough emotions for you it's OK to excuse yourself.

If you need support contact Lifeline (Australia) on 13 11 14 or Lifeline (NZ) on 0800 543 354

What is R U OK?

R U OK? is a harm prevention charity that encourages people to **stay connected and have conversations** that can help others through difficult times in their lives.

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R U OK? talks to the help-giver

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Mental health in Australia

2 in 5

say they know someone in their personal life or networks, who has died by or attempted suicide in the last 12 months.

1 in 5

report having experienced suicidal behaviour in the past 12 months.

3 in 4

say they have experienced elevated distress beyond normal levels due to social and economic circumstances compared to this time last year.

Source: Suicide Prevention Australia (2023). Suicide Prevention Australia Quarterly Tracker. Australia.

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What does a meaningful conversation look like?

- Makes them feel supported, heard and safe
- The conversation is helpful and makes them feel better and managing their situation

Key research findings

What can help people feel comfortable to share:

Trust

The person asking is someone they trust or are close to

Authenticity

The person genuinely cares about them and is ready to listen

Environment

Privacy and time to share what they want to say

Source: Fiftyfive5 (2023). R U OK?Day campaign research. Australia.

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A good conversation

Having someone ask and listen made me realise people care and I didn't have to battle my mind alone.

The people who reached out to me with support kept me going. They still do. It really makes a difference.

Talking is liberating. It has also saved my life.

A conversation might not seem like a big deal, but for anyone facing mental health struggles, just knowing that someone cares for you has a huge impact.

Talking is only one part of the story - having people who will listen - that is the REAL difference.

R U OK?™

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

How to have an R U OK? conversation

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What are they **SAYING?**

What are they **DOING?**

What's going on in their **LIFE?**

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Preparing to ask

R U OK?

Am I ready?

Am I prepared?

Have I picked my moment?

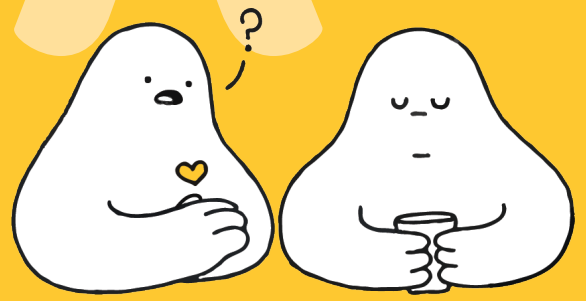
Am I ready?

Am I prepared?

Have I picked my moment?

4 steps of an R U OK? conversation

A



Ask R U OK?

L

Listen

E

Encourage action

C

Check in

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4 steps of an R U OK? conversation

A	L	E	C
Ask R U OK?	Listen	Encourage action	Check in

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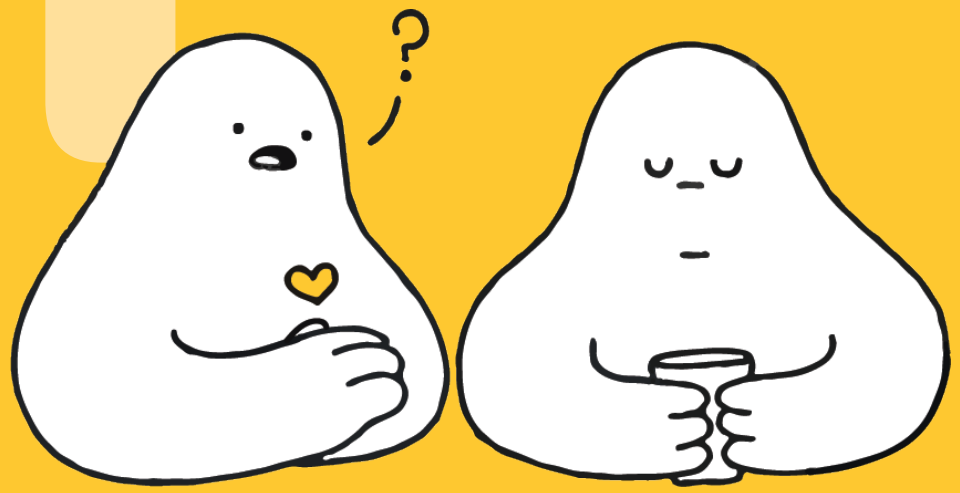
1



Ask R U OK?

How are you doing?

Is there something on your mind?

I've noticed you're not quite yourself – is everything OK?

I know things have been hard lately. How are you feeling?

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1

Ask R U OK?

How are you doing?

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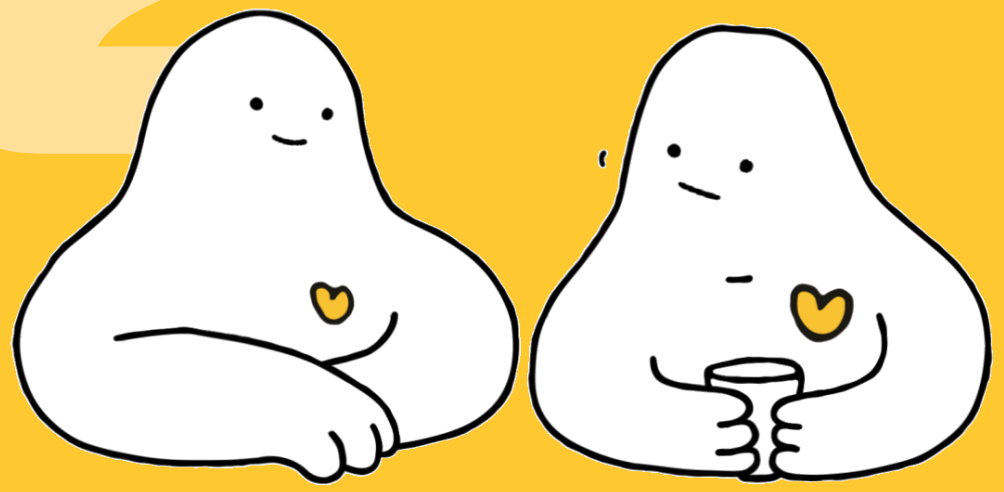
2



Listen

I'm here to listen

Take your time

Tell me more about...

How does that make you feel?

2

Listen

I'm here to listen

Take your time

Tell me more about...

How does that make you feel?

3

Encourage action

What are some first steps we could take?

What has helped you with this in the past?

Have you spoken to your doctor about this?

How can I support you?

3

Encourage action

What are some first steps we could take?

What has helped you with this in the past?

Have you spoken to your doctor about this?

How can I support you?

How can I prepare for strong emotional reactions?

Useful contacts for someone who's not OK

Lifeline (24/7)
13 11 14
lifeline.org.au

Beyond Blue (24/7)
1300 224 636
beyondblue.org.au

Suicide Call Back Service (24/7)
1300 659 467
suicidecallbackservice.org.au

Mensline
1300 78 99 78
mensline.org.au

Find more services and support at ruok.org.au/findhelp

4

Check in

Just wanted to check in and see how you're doing?

How have things been since we last spoke?

Is there anything you wanted to chat further about?

Have you taken those first steps?

4

Check in

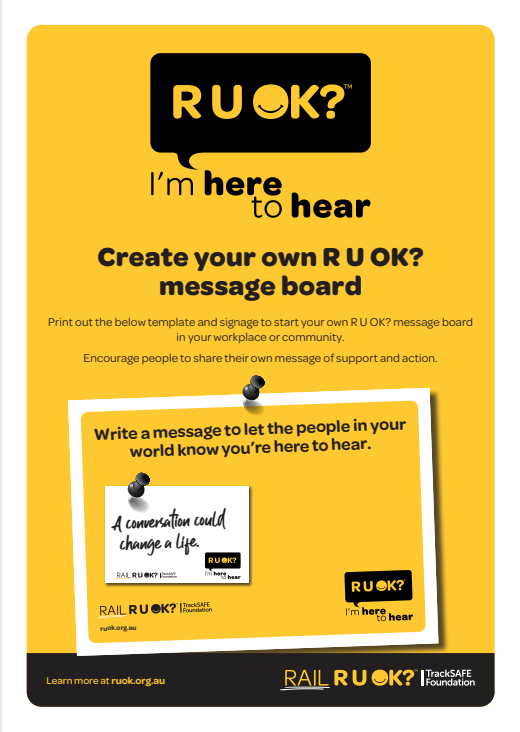
Just wanted to check in and see how you're doing?

How have things been since we last spoke?

Is there anything you wanted to chat further about?

Have you taken those first steps?

Rail R U OK?Day resources available



Which musician or artist would you most like to see perform?	Where is the most beautiful place you have visited and what was it like?	What is the most interesting advice you've ever received?	What is your favourite time of year and why?	The proudest moment of my life was...	Describe your perfect day.
If you could give any advice to the next generation, what would it be?	When you were a child, what was your greatest talent?	If you could have any superpower what would it be?	Who is someone you admire and why?	What is something that not many people know about you?	If you were given a million dollars, how would you spend it?
What is your favourite book?	What do you do to look after your mental health?	What's your favourite meal?	Who would play you in a movie about your life?	Who is someone you can talk to about anything?	What's the most interesting thing you've learned lately?

Conversation Starters

RAIL R U OK? TrackSAFE Foundation ruok.org.au R U OK? I'm here to hear

Resources are available for download **tracksafefoundation.com.au/event/rail-r-u-ok**

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2024 Activity planner

R U OK?™

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

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We encourage rail staff to talk to one another not just on **Rail R U OK?Day** - but every day! Make sure you use the tips below to help you promote the message throughout the year.

March 2024	April 2024	May 2024	June 2024
Remind your workmates of the power of an R U OK? conversation while it's still top of mind via email or at the next staff meeting.	Rail R U OK? 10yr Anniversary is **Thursday 18 April 2024**. Engage your staff with one of the Rail R U OK? Activities listed in the **Rail R U OK?** Interactive Guide.	Follow up on your Rail R U OK? activity with a reminder in your staff newsletter or weekly meeting that resources are available year-round.	International Men's Health Week is celebrated from **10-16 June 2024**. Encourage those around you to get involved and ask 'are you OK?'
July 2024	**August 2024**	**September 2024**	**October 2024**
It's been 3 months since **Rail R U OK?Day**. Why not remind people that every day is a great day to ask 'are you OK?'	Rail Safety Week is **5-11 August 2024**. Remind your workmates of the power of an R U OK? conversation.	Encourage staff to get behind the national **R U OK?Day** on **Thursday 12 September 2024**.	Mental health is something we all need to care about. **10 October 2024** is World Mental Health Day. We can all do something to help shed a more positive light on mental health. Chat to your workmates about life's ups and downs and offer support.
November 2024	**December 2024**	**January 2025**	**February 2025**
Think about mental health training options for your team, or book an R U OK? Community Ambassador to engage your workplace – a reminder that you don't need to be an expert to ask 'are you OK?'	The holiday season can be great fun – but it can also be a time of stress for people experiencing financial, family or other challenges. Check in with workmates at this time.	Start planning your communications for the year. Explore training for your team or book in some webinars throughout the year that resonate with your workplace.	Start the new year fresh and start planning for **Rail R U OK?Day** in April 2025.

Find more resources at **tracksafefoundation.com.au/event/rail-r-u-ok**

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Who will you hear?

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