

R U OK?

**Tips for
having the
R U OK?
conversation**



1

LISTEN

you don't need to have the solutions

2

FIND A SAFE SPACE

Approach when you find them in a place you think they'd feel comfortable opening up

3

ASK OPEN QUESTIONS

"How did that make you feel?"

4

REPEAT IT BACK

"Sounds like it's been a tough month?"

5

CHECK IN REGULARLY

if you think they are really struggling

6

PROVIDE RESOURCES

if you think they need more help

RESOURCES

NALAG NSW

nalag.org.au
(02) 6882 9222

Lifeline

lifeline.org.au
13 11 14

Kids Helpline

kidshelpline.com.au
1800 55 1800

Suicide Call Back Service

suicidecallbackservice.org.au
1300 659 467

1800RESPECT

1800respect.org.au
1800 737 732

Beyond Blue

www.beyondblue.org.au
1300 22 4636

Black Dog Institute

blackdoginstitute.org.au

Blue Knot Foundation Helpline

blueknot.org.au
1300 657 380

Brother to brother

dardimunwurro.com.au
1800 435 799

Butterfly Foundation

butterfly.org.au
1800 33 4673

Carer Gateway

carergateway.gov.au

Friendline

friendline.org.au

Headspace

headspace.org.au

MensLine Australia

mensline.org.au
1300 78 99 78

The National Indigenous

**Postvention Service –
After Suicide Support**

thirrili.com.au
1800 805 801

Open Arms – Veterans & Families Counselling

openarms.gov.au
1800 011 046

PANDA - National Perinatal Depression Helpline

panda.org.au
1300 726 306

Qlife

qlife.org.au
1800 184 527

SANE Australia

sane.org
1800 18 7263

TIACS

tiacs.org
0488 846 988