

really  
**Are they OK?**

**Ask them  
today**

# COLOUR IN THE 4 STEPS

1. Ask are you OK?



**Start a  
conversation  
using these  
4 steps**

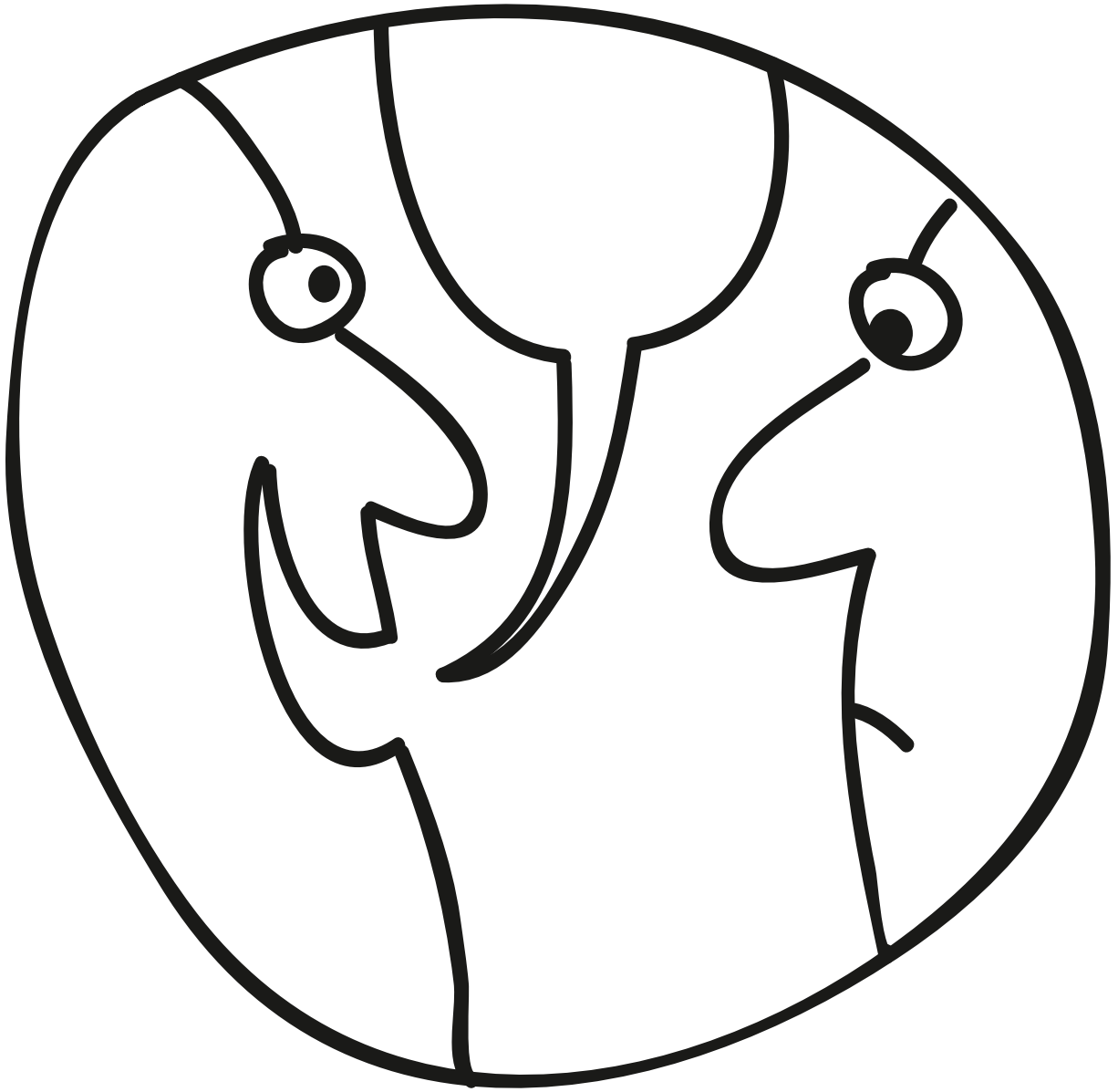
4. Check in



2. Listen



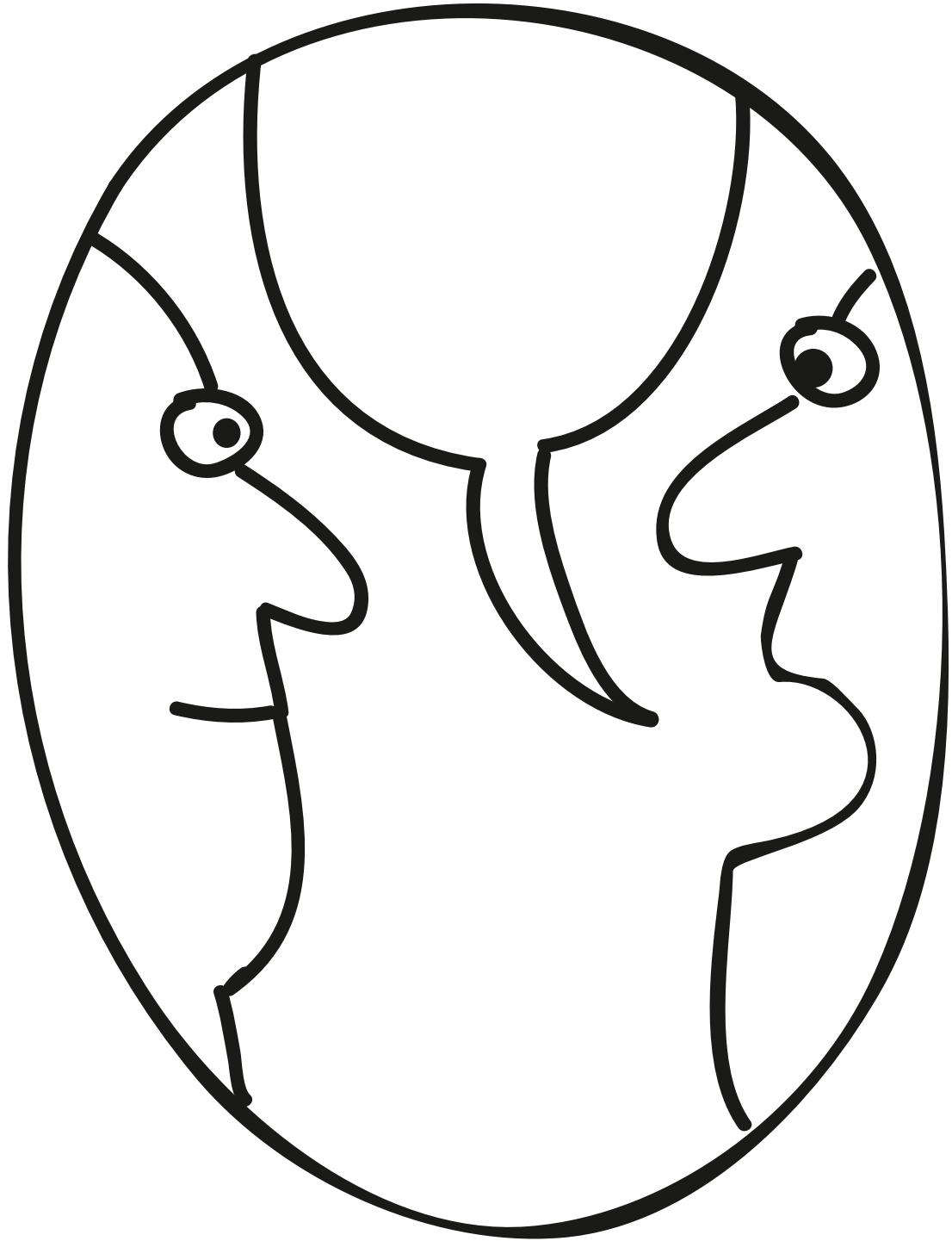
3. Encourage  
action



# 1. Ask are you OK?

Learn how to ask at  
[ruok.org.au](http://ruok.org.au)

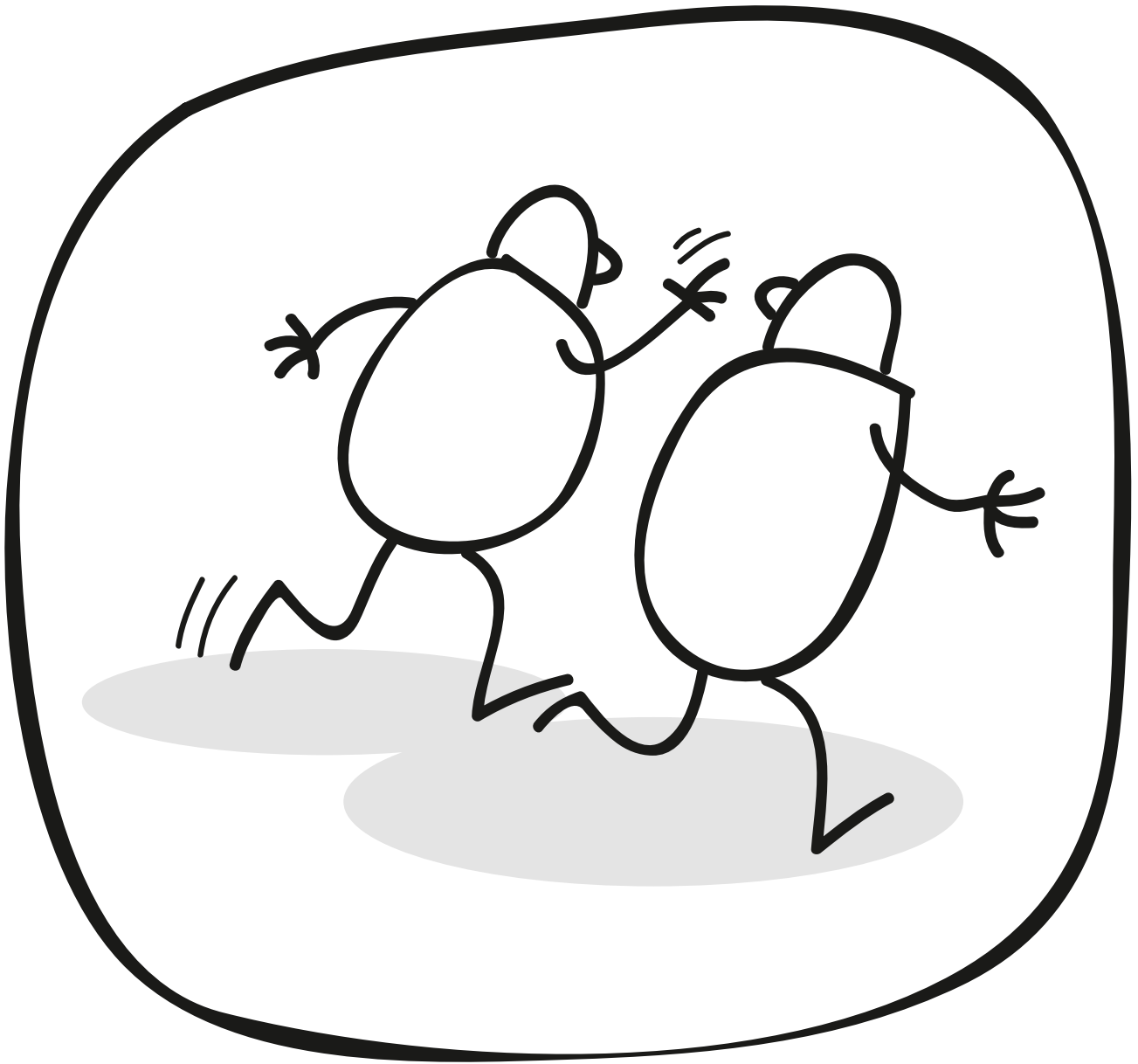
**RUOK?**<sup>TM</sup>  
A conversation could change a life.



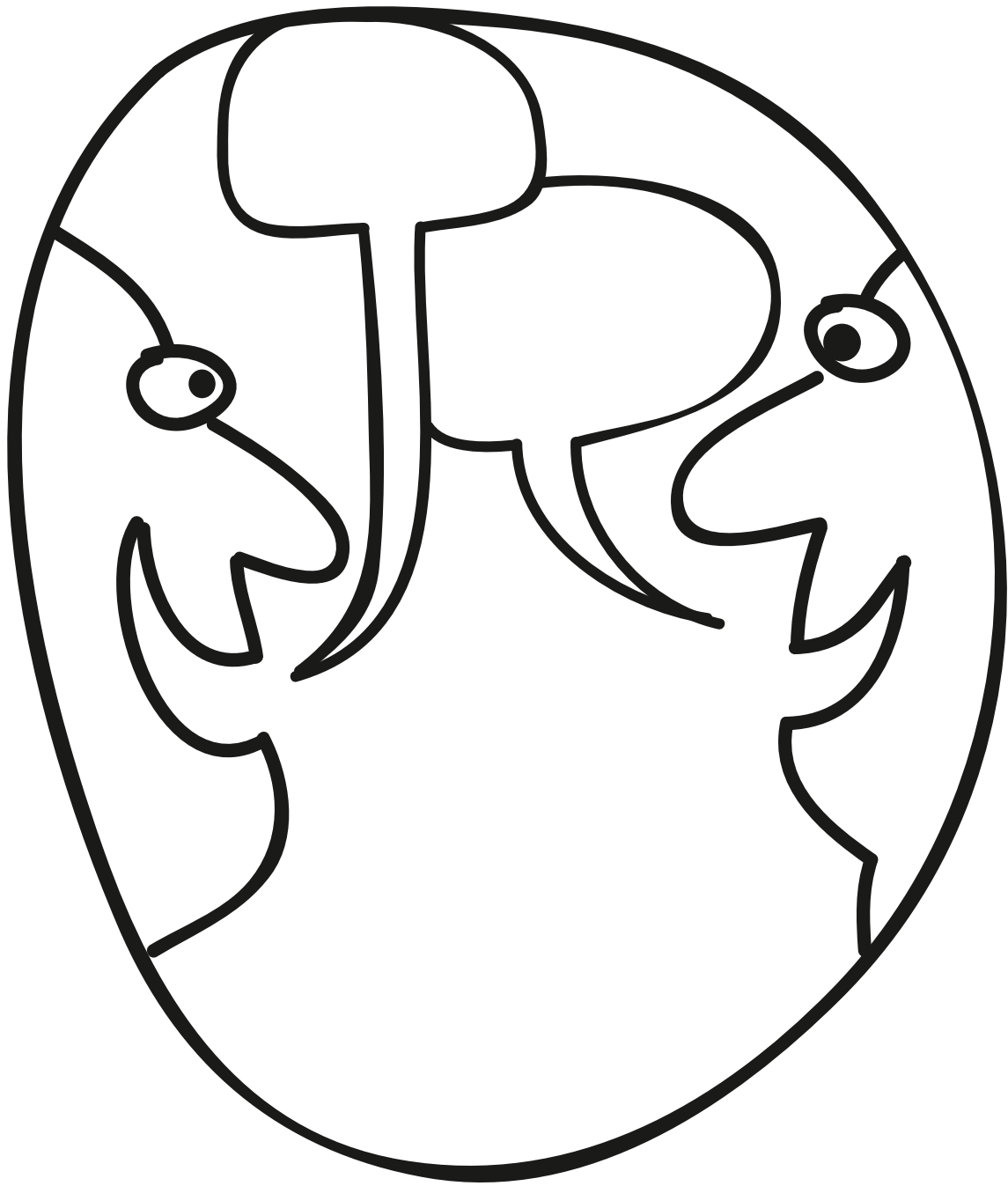
# 2. Listen

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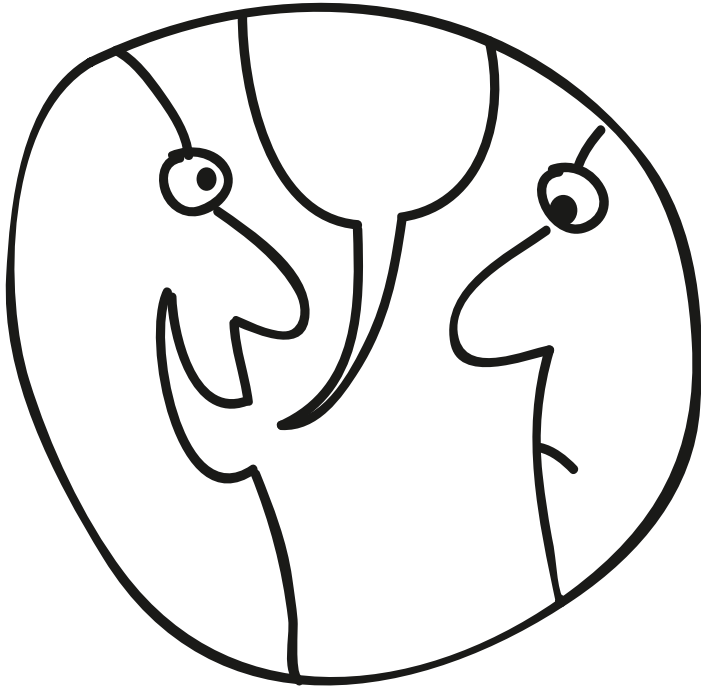
# 3. Encourage action



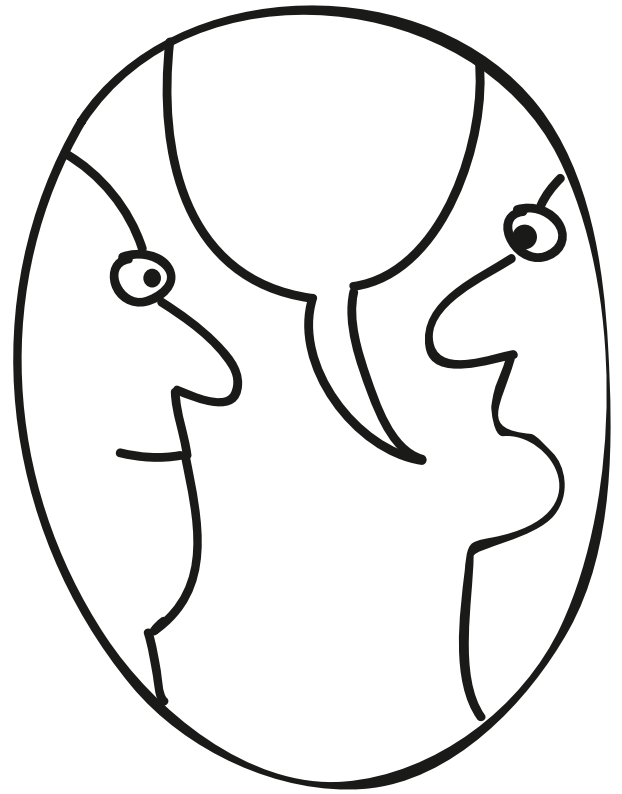
# 4. Check in

Learn how to ask at  
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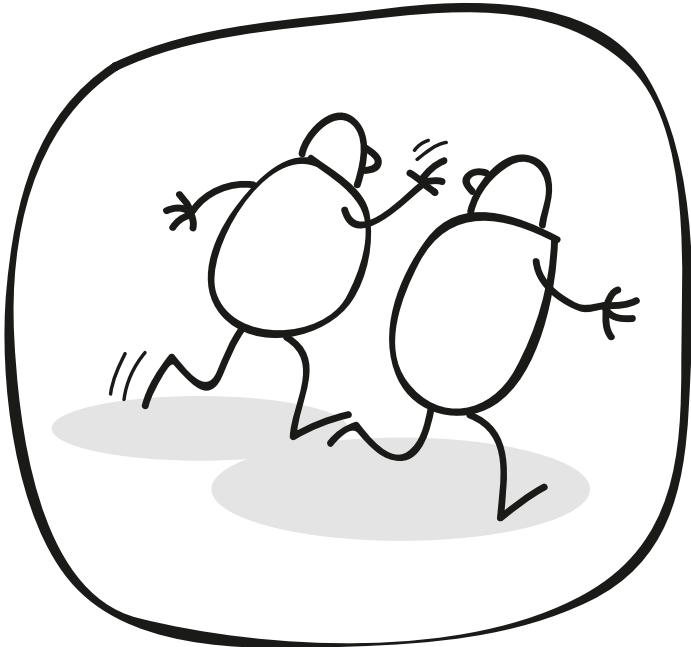
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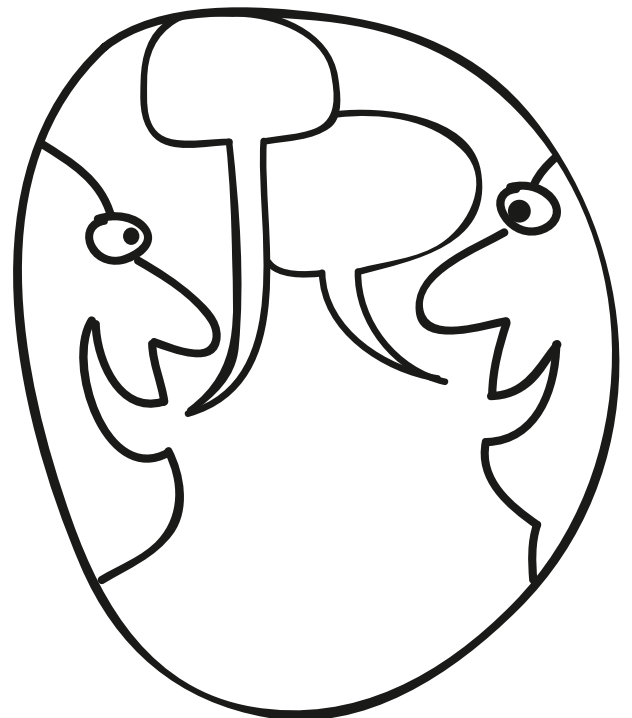
1. Ask are you OK?



2. Listen



3. Encourage action



4. Check in