Ask R U OK?

or something like this:
“How you travelling?”

No, I’m not OK.
Dig a bit deeper:
“What’s been happening?”
“How long has that been the case?”
“I’m ready to listen if you want to talk.”

Yes, I’m fine.
But your gut says they’re not:
“It’s just that you don’t seem your old self lately.”
“I’m always here if you want to chat.”
“Is there someone else you’d rather talk to?”

Listen; don’t judge

Encourage action and offer support:
“How can I help?”
“What would help take the pressure off?”
“What do you enjoy doing? Making time for that can really help.”
“Have you thought about seeing a professional?”

Make time to check in:
“Let’s chat again next week.”

Visit ruok.org.au for more tips