

THERE'S  
**MORE TO SAY**  
 AFTER  
**RUOK?**



**Ask RUOK?**

How are you travelling?

You don't seem yourself lately - want to talk about it?



**Listen with an open mind**

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



**Encourage action**

Have you thought about speaking to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



**Check in**

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

Have things improved or changed since we last spoke?