

How to ask

R U OK?



01

Ask

Mention what you've noticed in a non-judgemental way, be open and say: are you okay?

02

Listen

Actively listen, remove all distractions, and give them time - don't rush!

03

Encourage action

Direct them towards support - this could be their EAP

04

Check-in

Stay in touch. Follow-up continuously every couple of weeks

Access free and confidential wellbeing support **anytime, anywhere.**



Scan to
download the
APP



Scan to
access the
portal

