

**RUOK?**<sup>TM</sup>

A conversation could change a life.



# What is R U OK?

R U OK? is a harm prevention charity that encourages people to **stay connected and have conversations** that can help others through difficult times in their lives.



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# Mental health in Australia



**1 in 6**

Australians have experienced suicidal thoughts or behaviours in their lifetime



**1 in 2**

Australians have experienced a mental health condition in their lifetime



**1 in 5**

people aged 16 to 34 reported high or very high levels of psychological distress



**Almost  
2 in 5**

people have been close to someone who had taken or attempted to take their own life



**RUOK?**  
A conversation could change a life.

You are **TRANS-TASTIC**

How to have an **RUOK?** conversation

\$200  
A conversation could change a life.  
Make time to ask **RUOK?**

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**RUOK?**  
A conversation could change a life.



## Plan an event

Every day is a great day to share the RUOK? message and hosting an event is a great way to bring people in your team together, start a conversation and make even deeper connections.

We encourage you to organise an event for your team. It might be a morning or afternoon tea, panel or group discussion, team meeting, yellow themed virtual get together, or even a group bush walk over lunch.

Think about how your activity can encourage everyone to ask 'are you okay?' whenever they spot the signs that someone they know might be struggling with lift.

# Preparing for your event

- ❑ **Educate and inspire:** Share stories about how conversations can change lives. Provide tips, resources, and information to help people ask, 'are you OK?' and learn what to say if someone says they're not OK.
- ❑ **Focus on connection:** Plan an event or activities that provide opportunity for genuine engagement. Getting to know each other a little better can break down barriers and lead to more meaningful conversations
- ❑ **Connect in:** link in with the Healthy University champions on your campus and promote the existing supports that all staff can access at Griffith
- ❑ **Reach out:** reach out and chat with the Health & Wellbeing team if you'd like information on how to best support your team surrounding your event. Email them at [healthandwellbeing@griffith.edu.au](mailto:healthandwellbeing@griffith.edu.au)

Who will you

ASK?

Host your own  
team RUOK? event

Send your photos to  
[healthandwellbeing@griffith.edu.au](mailto:healthandwellbeing@griffith.edu.au)

**Most creative and impactful  
team event will win a  
\$200 local coffee shop  
voucher!**

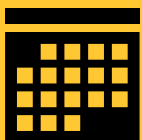
# RUOK Day 2023 - What's On?



10am – Join Tash & Clare from the Health & Wellbeing team and Mishelle from Griffith's new EAP provider Converge International, to learn more about what has been happening behind the scenes and all the new support Griffith staff members and their families can access to support them to go from good to great. Register via [Converge Launch RUOK? Day](#)



2pm - BUPA and Griffith have partnered to launch the RUOK? Mental Health bundle for Griffith staff. This includes a wide range of resources and supports for staff members to tap in to at any time to continue to build their mental health skills and strategies for all the important roles they play in their lives. Register via [RUOK? Mental Health bundle launch](#)



All day – Nathan Campus – come along and chat to the Health & Wellbeing team, BUPA and Medibank at the RUOK? Day market as a part of Mental Health & Wellbeing Week run by Griffith's Student Representative Council. Learn more about all the supports and programs you can tap into and engage with to improve your wellbeing.

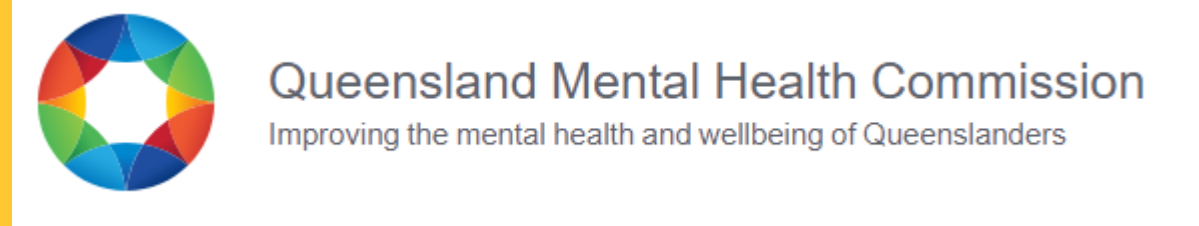


# Griffith's Health Partners

Click the logo's below to find more resources and supports for your health and wellbeing



# Local Links, Events & Further Support



Click the logo's above to find more resources and supports for your health and wellbeing, as well as links to local mental health programs and events around Southeast QLD

# Make every day R U OK?Day

Life serves up challenges that can sometimes make us feel overwhelmed, unsure, or unsettled. When that happens it's comforting to know there is someone we can talk to who can share the load and help us through.

The people in your world won't always tell you if something's troubling them, so it's important for you to consider what's going on in their lives and be on the lookout for any changes in the way they behave.

- Are they having relationship difficulties?
- Are they experiencing increased levels of stress or constant stress?
- Are they in financial trouble?
- Have there been major changes at work or home?
- Have they experienced the loss of someone or something they care about?
- Do they have health concerns?

These are tough circumstances for anyone to manage on their own but by asking, 'are you OK?' and having a meaningful conversation you can help those you care about through life's ups and downs.



**Ask R U OK?  
because a conversation  
could change a life.**

# How to have an R U OK? conversation



**WHAT ARE THEY**

**SAYING?**

**WHAT ARE THEY**

**DOING?**

**WHAT'S GOING  
ON IN THEIR**

**LIFE?**

**Am I ready?**



**Am I prepared?**



**Have I  
picked my  
moment?**



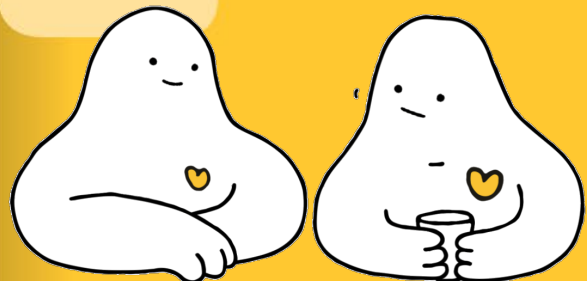
# 4 steps of an R U OK? conversation

# A



**Ask R U OK?**

# L



**Listen**

# E



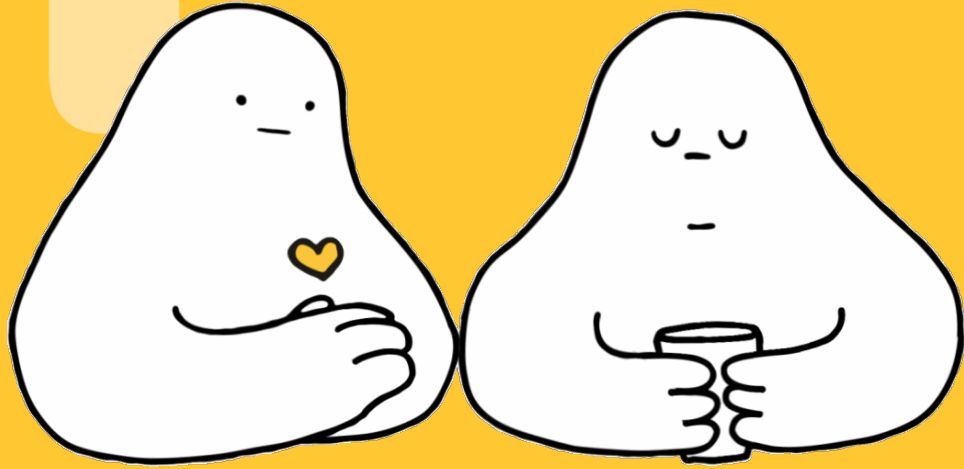
**Encourage  
action**

# C



**Check in**

1



**Ask R U OK?**

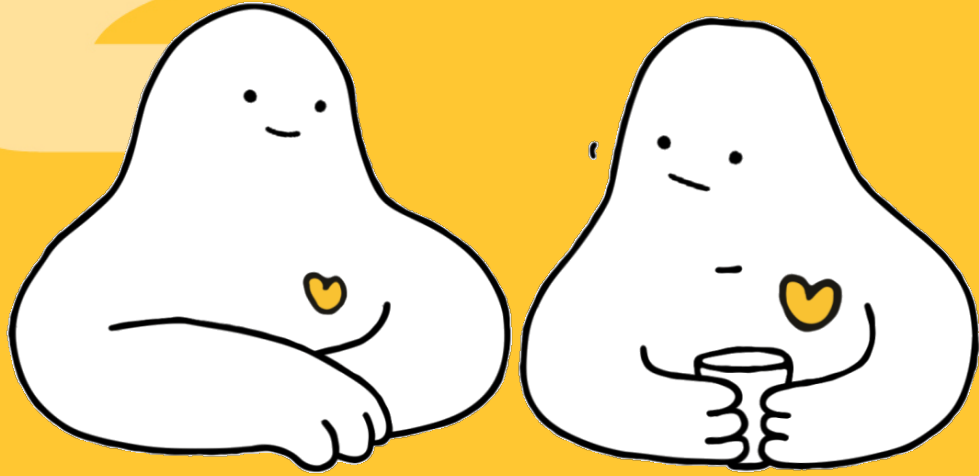
How are you travelling?

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

There's been a lot of change, are you ok?

The pandemic is still stressful, how are you going with it?





# Listen

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

How are  
you feeling  
about that?

What's it's like for  
you at the moment?



# Encourage action

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

What's something  
you enjoy doing?  
Making time for that  
can really help.

With things the  
way they are,  
let's just take  
it slowly

Have you spoken to your  
doctor or another health  
professional about this?

# Useful contacts for someone who's not OK

## **Lifeline (24/7)**

13 11 14

[lifeline.org.au](http://lifeline.org.au)

## **Kids Helpline (24/7)**

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

## **headspace**

1800 650 890

[headspace.org.au](http://headspace.org.au)

## **Beyond Blue (24/7)**

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

## **13 YARN**

13 92 76

[13yarn.org.au](http://13yarn.org.au)

## **Mensline**

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

## **1800 RESPECT (24/7)**

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

## **Open Arms (24/7)**

1800 011 046

[openarms.gov.au](http://openarms.gov.au)

## **Suicide Call Back Service (24/7)**

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## **Qlife**

1800 184 527

[qlife.org.au](http://qlife.org.au)

# Employee Assistance Program (EAP)



## Accessing Converge International

This service can be accessed by telephone, face-to-face, video counselling or online counselling.

[Toll-free 1300 687 327](tel:1300687327)

[Converge Online Portal >](#)

When accessing the Converge Online counselling portal, the login details are below.

Username: **Converge**

Password: **eap**

You can also download the Converge International App via the below link and use the login details to access all of Converge International's services.

[Converge International App >](#)

App Code: **GRIFFUNI**

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## Check in

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

What's been working for you since we last chatted?

Have things improved or changed since we last spoke?

Do you need more support?

Who will you

Ask?



I'm **here**  
to **hear**

[ruok.org.au](http://ruok.org.au)