

# who will you ask?

**RU OK? DAY**<sup>TM</sup>

A conversation could change a life.

## Sunday November 29th

RU OK?Day is a national day of action to reduce suicide in Australia.

By simply connecting with people in your life – not just those at obvious risk - you can make a difference and reduce the impact of contributing risk factors, so little problems don't turn into big ones.

What to do on RU OK?Day:

Simply start a conversation and connect with friends, colleagues, loved ones, or anyone who may be struggling (for any reason) and ask "are you ok?"

Why start a conversation? A lack of connection can have a critical impact on someone's social and emotional wellbeing. In some cases, feeling very isolated can place people at risk of taking their own lives.

You actually decrease the risk of someone taking their own life by engaging them in a conversation about it.

Visit [www.ruokday.com.au](http://www.ruokday.com.au) for more information, including how to have a positive conversation and where to go for professional help who will you ask?

Supporting information partners:

