

# Make staying connected and asking R U OK? part of your everyday

## Start by asking, 'are you OK?'

**No, I'm not OK.**

**Yes, I'm fine.**

### Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

### But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

## Listen with an open mind

## Encourage action and offer support

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

## Make time to check in

"Let's chat again next week."