Start a conversation using these 4 steps

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Useful contacts for someone who’s not OK

If your life is in danger or you’re concerned for your own or someone else’s safety please call 000.
You can find support by contacting your local doctor or one of these crisis lines available 24/7.

- **Lifeline**
  - Phone: 13 11 14
  - Website: lifeline.org.au

- **Beyond Blue**
  - Phone: 1300 224 636
  - Website: beyondblue.org.au

- **Suicide Call Back Service**
  - Phone: 1300 659 467
  - Website: suicidecallbackservice.org.au

- **Mensline**
  - Phone: 1300 789 978
  - Website: mensline.org.au

Find tips at ruok.org.au

Local services

More contacts: ruok.org.au/findhelp