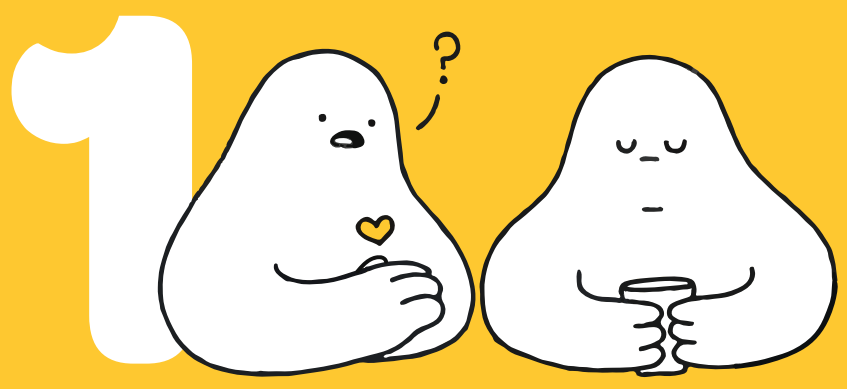
Ask R U OK? ANY DAY

Have a conversation using these 4 steps

1



How are you travelling?

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

Ask R U OK?

2



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

Have you been feeling this way for a while?

Listen

3



What do you think is a first step that might help you?

Have you spoken to your doctor about this?

Encourage action

4



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

Have things improved for you since our last chat?

Check in

ruok.org.au

Ask

R U OK?®

ANY DAY

A conversation could change a life.

ruok.org.au

Finding help – Support services

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

If you're finding life tough or need some extra support, it can help to talk about how you're feeling with someone you trust.

Family and friends can also call the services below for advice and assistance on how to support someone who is struggling with life.



Lifeline (24/7)
13 11 14
lifeline.org.au

Beyond Blue (24/7)
1300 224 636
beyondblue.org.au

Suicide Call Back Service (24/7)
1300 659 467
suicidecallbackservice.org.au

Mensline (24/7)
1300 78 99 78
mensline.org.au

Kids Helpline (24/7)
(for ages 5-25)
1800 55 1800
kidshelpline.com.au

13 YARN (24/7)
13 92 76
13yarn.org.au
Support line for Aboriginal and Torres Strait Islander peoples

QLife (3pm-midnight)
1800 184 527
qlife.org.au
Anonymous, free LGBTIQ support

1800RESPECT (24/7)
1800 737 732
1800respect.org.au



More contacts:
ruok.org.au/findhelp

For additional information on how to access Australia's most trusted mental health service providers, visit **medicarementalhealth.gov.au**

PFA members can access the PFA's counselling or psychological services

The Mind Room
+61 3 9495 6261
hello@themindroom.com.au

Members can also contact their Player Development Manager who will arrange a referral.

ruok.org.au

Ask R U OK? ANY DAY

Finding help – Support services

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple One (111).

If you're finding life tough or need some extra support, it can help to talk about how you're feeling with someone you trust.

Family and friends can also call the services below for advice and assistance on how to support someone who is struggling with life.



Lifeline Aotearoa (7am-midnight)
0800 543 354
Free text 4357
lifeline.org.nz

1737 (24/7)
Call or text 1737
1737.org.nz

Youthline (24/7)
(for ages 12 to 24 years)
0800 376 633
Text 234
youthline.co.nz

Depression Helpline (24/7)
0800 111 757
Text 4202
depression.org.nz

OutLine NZ (6pm-9pm)
0800 688 5463
outline.org.nz
Anonymous, free LGBTIQ support

More contacts:
ruok.org.nz/findhelp

PFA members can access the PFA's counselling or psychological services

The Mind Room
+61 3 9495 6261
hello@themindroom.com.au

Members can also contact their Player Development Manager who will arrange a referral.

Ask R U OK? ANY DAY



Ask

R U OK?®

ANY DAY

ruok.org.au



Ask

R U OK?®

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“Football can come with challenges, from injury setbacks to uncertainty about what’s next.

If your teammate isn’t quite themselves, and you have the capacity to do so, ask if they’re OK.”

Tessel Middag

44-time Netherlands International
R U OK? Player Champion

Ask R U OK?® ANY DAY

ruok.org.au



“Life has so many distractions that we can miss the opportunity to check in about what’s really going on. Ask R U OK? and support each other in the ups and downs of life.”

Joey Peters

110-time Matilda
R U OK? Player Champion

Ask R U OK?® ANY DAY

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“Being asked R U OK? made me feel noticed and cared for when I was finding things difficult. It gave me permission to be honest, instead of simply saying I was fine.”

David Clarkson

National Soccer League Champion
R U OK? Player Champion

Ask R U OK? ANY DAY

ruok.org.au



“The best way for us to be successful in our teams, and in life, is to be open and have those conversations about how people are really feeling.”

Michelle Heyman

87-time Matilda
R U OK? Player Champion

Ask R U OK? ANY DAY

ruok.org.au