

# R U OK Day? 2020

- This event has passed.

## Ask R U OK?

😊 You've got what it takes 😊

Start a conversation using these 4 steps



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

Find tips to ask at [ruok.org.au](https://ruok.org.au)

**R U OK? DAY**™

14 September 2017

R U OK Day?

**Date:** September 10, 2020

+ [GOOGLE CALENDAR](#) + [ICAL EXPORT](#)