

RUOK?

A conversation could change a life.

1. Ask RUOK?



**Start a
conversation
using these
4 steps**

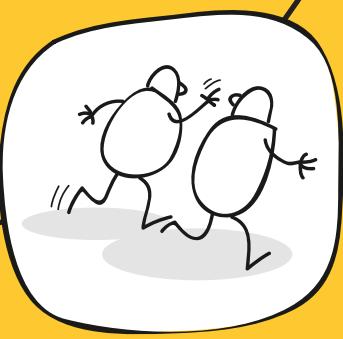
4. Check in



2. Listen



3. Encourage action



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