

# Ask your mob, your way, RU OK?

“

I've always been  
the sort of  
person to say,  
'Hey, if you need  
me, know I'm  
here. Happy to  
have a yarn.' ”

**Bianca**

Kamilaroi, Barkindji, Ballardong, Wadjak

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**RU OK?**™

A conversation could change a life.



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“

We pull up a  
chair or even sit  
on the ground  
with them and talk  
about anything and  
everything that  
comes up for us.”

**Dawn**

Jagera, Turrbal



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“If the people  
around me need help  
or support I ask  
'What now?',  
'You right?' or  
'Whattem happening?'  
It's really important  
to make sure we check  
in on our people.”

**Emma**

Yamatji, Martu



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“

When I see  
some family  
down, I always  
say, 'Which  
way? You right?  
Come, let's  
yarn eh.' ”

Troy

GuGu Yelanji, Birri Gubba



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“ I often like  
to **text or call** and  
with my inner circle  
of friends, who I  
feel comfortable  
with and who feel  
comfortable with  
me, I like to **reach  
out in person.** ”

**Kevin**

Wakka Wakka, South Sea Islander

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“

Come from a place of love and care. It's not about judging them for the way they've been behaving.” ”

**Karen**

Meriam, Wagadagam



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“ I said,  
'What happened?  
Any time you want  
we can go out for  
a coffee, just to  
chat. You can tell  
me how you feel if  
you want to.' ”

Kirk

Arrente



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“ I sent them a message and asked them how they'd been and what's been going on. The the next time we catch up we're going to go camping and get out into the country.”

Taz

Bwgcolman



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