



# HELPING HANDS



## RUOK?™

A conversation could change a life.  
(Excerpts from the Australian National Suicide Prevention site: RUOK.org.au)

We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life 's ups and downs. If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them "Are you OK?"

By acting as 'eyes and ears' and reaching out to anyone who's going through a tough time we can show them they're supported and encourage them to access help sooner.

**If you have noticed these signs, trust your gut and ask R U OK?**

### WHAT ARE THEY SAYING?

Do they seem:

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

### WHAT ARE THEY DOING?

Are they:

- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviors
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

# WHAT'S GOING ON IN THEIR

Are they experiencing:

- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about

**Your local EAP Representative is a good resource for help and information. Please refer to the box below for their contact information.**

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist union members and their families who are experiencing personal difficulties. EAP peers do not make clinical diagnoses or clinical evaluations; however, they are trained to get an idea of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.



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MISSION:

CREATING A WORLD WHERE WE'RE ALL CONNECTED AND PROTECTED FROM SUICIDE

RUOK? is an Australian national suicide prevention charity and registered public health promotion that encourages people to stay connected and have conversations that can help others through difficult times.

Our work focuses on building the motivation, confidence and skills of the help-giver – the person who can have a meaningful conversation with someone who is struggling with life.

For more information:  
[RUOK.org.au](http://RUOK.org.au)