



Spot the signs it might be time for an R U OK? Conversation

It won't always be obvious when someone is off their game, but these signs might signal they need a little extra support.

WHAT ARE THEY

SAYING?

Do they sound:

- Confused or irrational
- Angry or irritable
- Concerned they are a burden
- Concerned about the future
- Lonely or disengaged
- Excessively worried

WHAT ARE THEY

DOING?

Are they:

- Lacking motivation
- Not training or competing as they usually would
- Being disruptive in a team environment
- Experiencing mood swings
- Dismissive or defensive
- Withdrawing or becoming less social
- Losing interest in what they used to enjoy
- Behaving differently online
- Making less effort in their appearance or personal hygiene
- Unable to concentrate
- Experiencing ongoing fatigue
- Lacking in confidence

WHAT'S GOING ON IN THEIR

LIFE?

Are they experiencing:

- Relationship challenges
- Trauma
- Pressure at work or school
- Major health issues or an injury
- Financial difficulties
- Change in life circumstances