

ARE THEY TRIPLE OK?

An R U OK? conversation guide for family and friends of police and emergency services workers and volunteers



R U OK?
A conversation could change a life.

ARE THEY TRIPLE OK?

The R U OK? 'Are they Triple OK?' campaign encourages higher levels of support for current and former police and emergency services workers and volunteers. The campaign provides tips and resources for peers, family and friends about how to ask, "Are you OK?", respond appropriately if the answer is "No, I'm not OK" and encourage them to seek help.

DID YOU KNOW?

Police and emergency services personnel have higher rates of psychological distress, higher rates of diagnosis of mental health conditions, and higher rates of suicidal thinking and planning than the general adult population in Australia. However, employees and volunteers who reported strong social support mechanisms, maintain healthy levels of physical activity, and regularly sleep well recorded higher levels of wellbeing.

Beyond Blue Ltd. (2018). Answering the call national survey, National Mental Health and Wellbeing Study of Police and Emergency Services – Final Report.

Three simple ways to support the campaign are to:

- 1 Visit the website and download and share the resources
- 2 Learn when and how to have a conversation with police and emergency services personnel when they're faced with work or life challenges
- 3 Share online and in the community the reasons why you're supporting the campaign

ruok.org.au/triple-ok

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