



# R U OK?

**R U OK?**  
A conversation could change a life.

We all experience life's ups and downs, and it's often workmates who are best placed to notice when something is not quite right. **R U OK? Day** is a national day of action on **Thursday 8th September** and is dedicated to reminding people to regularly check in with family and friends.

Speak in total confidence to a Converge International consultant.  
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