**RUOK?** Day is an annual day in September dedicated to reminding people to ask family, friends and colleagues the question, "RUOK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling.

RUOK?'s vision is a world where we're all connected and are protected from suicide. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling.

Their goals are to:

- Boost our confidence to meaningfully connect and ask about life's ups and downs
- Nurture our sense of responsibility to regularly connect and support others
- Strengthen our sense of belonging because we know people are there for us
- Be relevant, strong and dynamic

“We know that suicide prevention is an enormously complex and sensitive challenge the world over. But we also know that some of the world’s smartest people have been working tirelessly and developed credible theories that suggest there’s power in that simplest of questions - “Are you ok?”

One of the most significant theories is by United States academic, Dr Thomas Joiner. Because his father took his own life, Thomas has dedicated his research to try and answer that question “why?”

His theory tries to answer that complex question by describing three forces at play in someone at risk. The first force is the person thinks they’re a burden on others; the second is that they can withstand a high degree of pain; and the third is they don’t feel connected to others.

It's this lack of connection (or lack of belonging) that we want to prevent. By inspiring people to take the time to ask "are you ok?" and listen, we can help people struggling with life feel connected long before they even think about suicide. It all comes down to regular, face-to-face, meaningful conversations about life. And asking “are you ok?” is a great place to start.”

Cardijn celebrated “RUOK?” Day on Thursday 8th of September where students were given the opportunity to leave positive messages and make a pledge to ask someone, "RUOK?".

Any day’s a good day to ask, “Are you ok?” and have a meaningful conversation with friends, families, colleagues. You don’t need to be an expert, nor do you have to fix or solve someone’s problems. You just need to ask how they’re going; listen without judgement; encourage action; and follow up.

Need more information? Visit: [https://ruok.org.au](https://ruok.org.au)

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From the Counsellors