



**MINDFUL  
JOURNAL**

# What is 'R U OK? Day'?

R U OK? DAY is an initiative to help individuals reach out to friends and family to make sure they are ok during this time of uncertainty, especially with the ongoing concerns of COVID-19. R U OK? Day encourages more people to ask "are you OK?" in their school, workplace or community. The campaign aims to help people who are struggling with depression to feel supported.

R U OK? DAY is on Thursday 10 September, however it's always a good time to reach out.

Do you know a friend or family member that could benefit from a check in?

## Useful tips for asking 'R U OK'?

- Ask: "Are you OK?" making sure to let the person know that you have time to talk.
- Listen: Be open-minded, non-judgmental and patient.
- Encourage: Make suggestions that encourage physical health, self-care and professional help, if required.
- Follow-up: Stay in touch. Genuine care and concern can make a real difference.

More useful tips on asking R U OK? can be found on the [R U OK? How to Ask website](#).

# How to ask:

## 1. Ask R U OK?

- Pick the right time and place to start the conversation.
- Mention specific things that have made you concerned for them, like “you seem less chatty than usual, how are you going?”

## 2. Listen

- Take what they say seriously and don't interrupt or rush the conversation.
- Encourage them to explain: “How are you feeling about that” or “How long have you felt that way?”
- Show that you're listening by repeating back what you've heard (in your own words) and ask if you've understood them properly.

## 3. Encourage action

- Help them think of next steps they could take to help them manage their situation.
- If they've been down for more than two weeks, encourage them to see a health professional.
- Be positive about the role of professionals in getting through tough times.

## 4. Check in

- Schedule a reminder to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

Find more conversation tips at [ruok.org.au](https://www.ruok.org.au)

Start a conversation using these 4 steps



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

# Weekly planner

Week dates:

Monday _____				
Tuesday _____				
Wednesday _____				
Thursday _____				
Friday _____				
Saturday _____				
Sunday _____				

Notes:

Learn how to ask at [ruok.org.au/university](http://ruok.org.au/university)

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# Student support services at VU

VU's Counselling Service offers free and confidential counselling as well as a range of self-help resources that can be found on our webpage. During COVID-19, we have moved to telephone counselling (video counselling coming soon).

[vu.edu.au/counselling](https://vu.edu.au/counselling)

If you are a VU student with a disability or medical condition that impacts your studies, Accessibility Services can support you.

[vu.edu.au/accessibility-services](https://vu.edu.au/accessibility-services)

Need help managing your study expenses and living costs? Talk to a Senior Advisor (Welfare) for financial advice.

[vu.edu.au/financial-advice](https://vu.edu.au/financial-advice)

Need confidential advice, support and representation to deal with an assessment issue, special consideration, review or progress matter?

[vu.edu.au/advocacy](https://vu.edu.au/advocacy)

Email the VU Health Advisor for advice, information and referrals about, general health, gender specific health, chronic illness, family planning and sexual health, injury assistance, other health matters.

[vu.edu.au/health-advice](https://vu.edu.au/health-advice)

## Contact us

### Student Wellbeing

studentwellbeing@vu.edu.au

### Health Advisor

healthadvice@vu.edu.au

### Counselling, Accessibility Services and Advocacy

+613 9919 5400

### Student Support (Welfare)

+613 9919 6100

# Victorian services

The COVID-19 pandemic has greatly changed the way we live. All of the things we're used to doing each week – going to uni, TAFE and work, catching up with friends and family, going out, playing sport, going on holidays – have changed. Many people have lost their jobs and there is uncertainty about how COVID-19 will affect jobs and the economy into the future. For people studying and working in health care and essential services, pressures are even greater. Under these circumstances, it's normal to feel lonely, anxious, overwhelmed, confused, sad or even bored. These feelings can take their toll, and we all need to take the time to care for ourselves and to look out for our friends, family and colleagues.

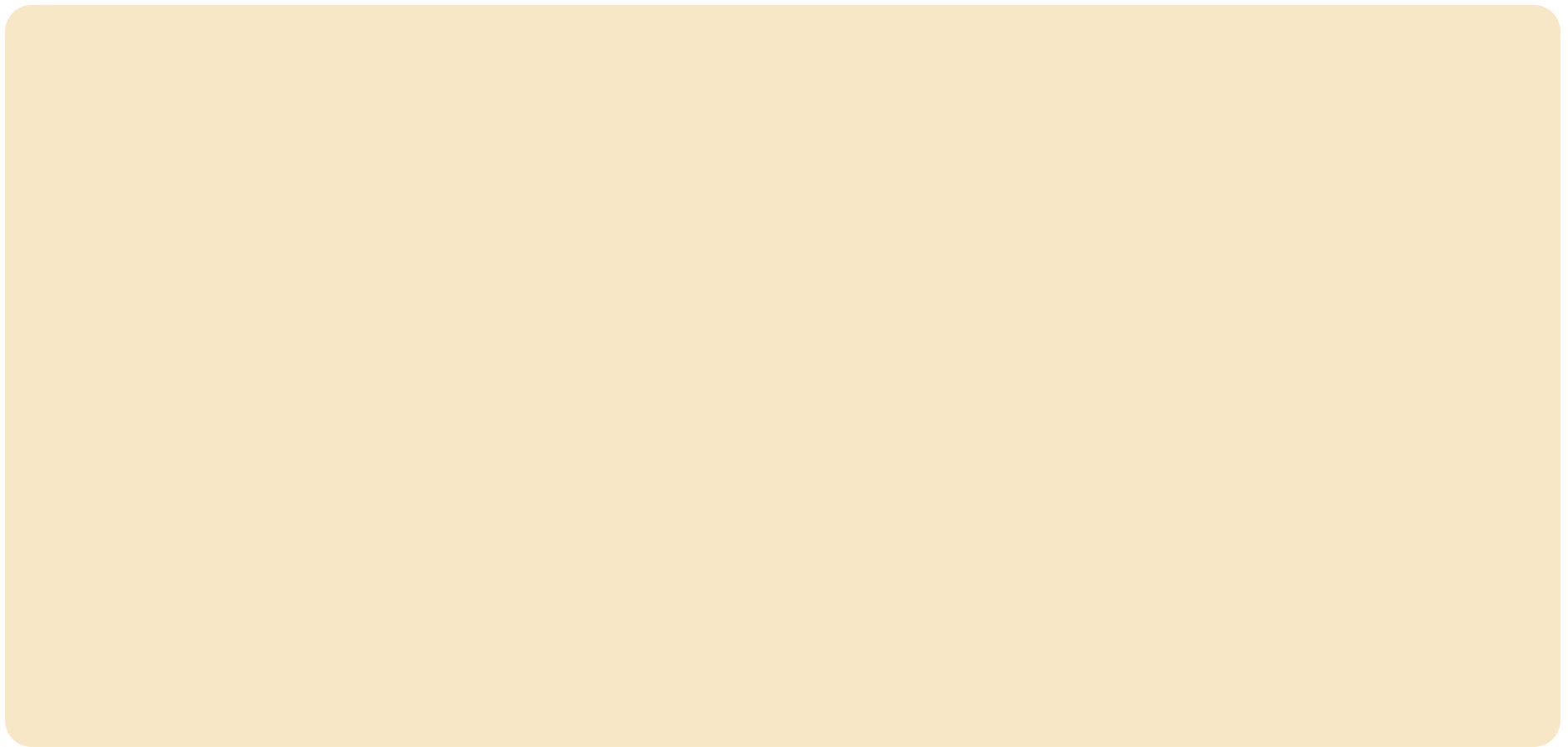
## Other available support services:

- Call 000 in an emergency.
- Call [Lifeline](#) 13 11 14 for support if you are experiencing a personal crisis or have suicidal thoughts. Operates 24 hours per day, 7 days a week.
- Call [Beyond Blue Coronavirus Mental Wellbeing Support Service](#) 1800 512 348 for information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic. Operates 24 hours per day, 7 days a week.
- Call [Kids Helpline](#) 1800 551 800 if you are under 25 years of age or younger. Operates 24 hours per day, 7 days a week.
- Call the [Suicide Call Back Service](#) 1300 659 467 for immediate, professional 24/7 telephone and online counselling to people who are affected by suicide. Operates 24 hours per day, 7 days a week.
- Call [1800Respect](#) (1800 737 732) if you are impacted by sexual assault or family violence and abuse.
- Call National Coronavirus Helpline 1800 020 080 if you are seeking information on COVID-19.

# Thoughts and dreams

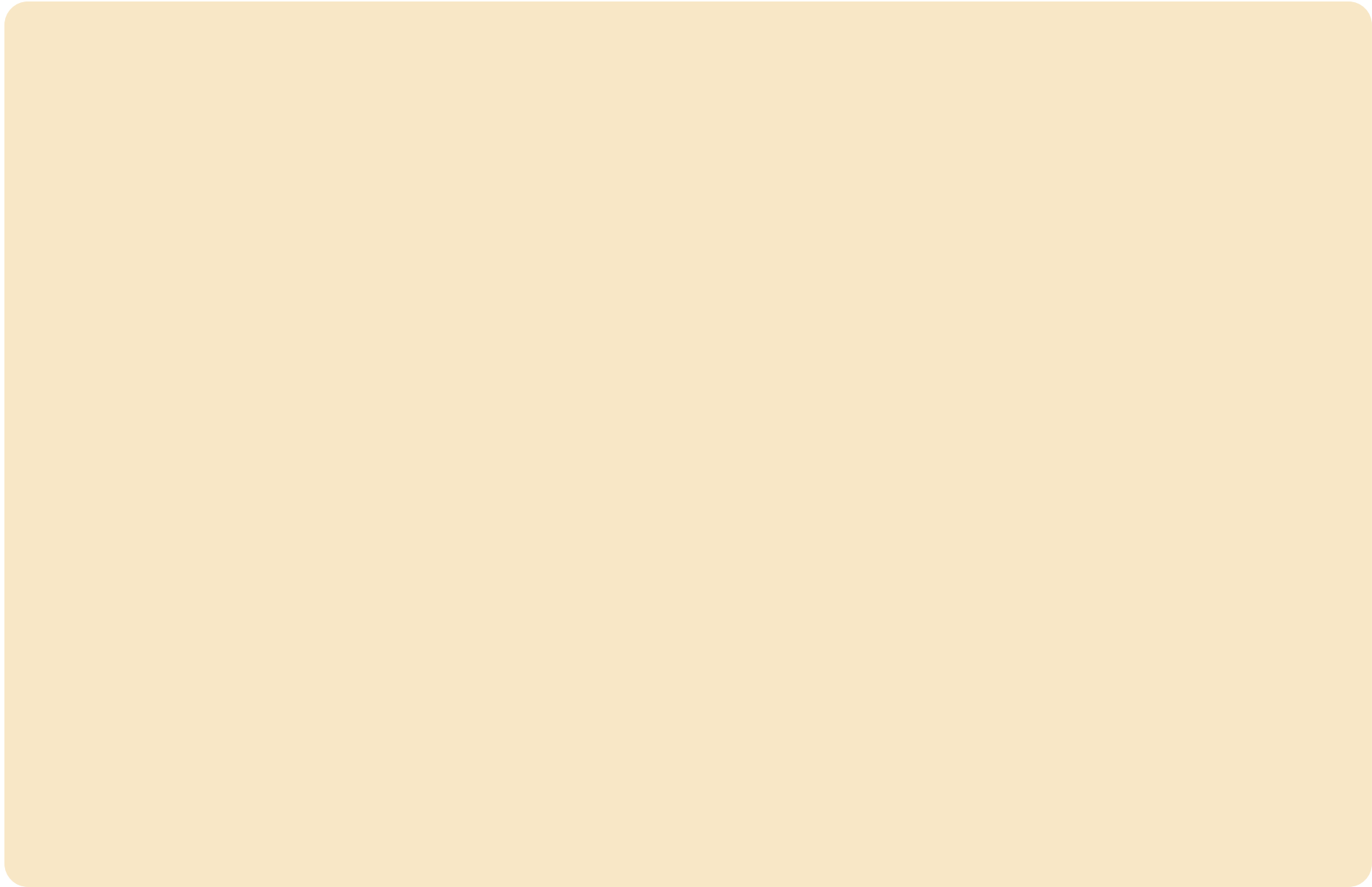
**Dare to dream, the future is still ours to create**

Write down your thoughts/ideas/dreams.









# Goals

## Look to the future

Write down your goals.

