



# Are they Triple OK?

**We're always there to help. Let's make sure we help each other and ask R U OK?**

'Are they Triple OK?' is an R U OK? campaign that aims to increase levels of peer and social support for police and emergency services workers nationwide. The campaign provides tips and resources to promote life changing conversations with police and emergency services workers at home and in the workplace to encourage early intervention and help-seeking.

The campaign resources include a conversation guide and personal stories from police and emergency service workers and volunteers that show the life changing impact an R U OK? conversation can have.

**Three simple ways to get behind the campaign are to:**

- 1 Visit the website and download the resources today
- 2 Share the resources within your service or agency
- 3 Share why you're supporting the campaign online and within your service and agency

**[ruok.org.au/triple-ok](http://ruok.org.au/triple-ok)**

R U OK? are grateful to the members of the R U OK? Police and Emergency Services Advisory Group whose input and advice guided the development of this campaign.

Funded by



**R U OK?**<sup>TM</sup>  
A conversation could change a life.