



I was no expert or counsellor,  
but I knew how to be a friend.  
It's about **being available and  
ready to listen.**

**Vikki**

Distribution Centre  
Manager, Coles



Scan the QR code or go to  
[healthyheads.org.au/ruok](https://healthyheads.org.au/ruok)

**Ask**

**RUOK?**<sup>TM</sup>  
inTrucks&Sheds

**No qualifications needed**



My colleague told me I saved his life that night. If you're worried about a workmate, **just check in. Don't overthink it.**

**Vikki**

Distribution Centre Manager



Scan the QR code or go to  
[healthyheads.org.au/ruok](https://healthyheads.org.au/ruok)

**Ask**

**RUOK?**<sup>TM</sup>  
inTrucks&Sheds

**No qualifications needed**



The best way to support R U OK? in Trucks & Sheds this year is by adding **‘check in with colleagues’** to your job description – because it’s something we all should do. It can, and does, save lives.



**Vikki**

Distribution Centre  
Manager, Coles



Scan the QR code or go to  
[healthyheads.org.au/ruok](https://healthyheads.org.au/ruok)

**Ask**

**R U OK?**<sup>TM</sup>  
inTrucks&Sheds

**No qualifications needed**