



A conversation could change a life.

K's for R U OK? is about **connection** and **creating healthy habits.**

Your support means that we can continue to provide essential resources to schools, workplaces, families and communities across Australia, and empower them to start a conversation that could change the life of someone who's struggling.

Here are some tips to help your fundraising efforts.

- 1. Lead the way** – by making the first donation you make it easier for others to follow suit.
- 2. Spread the word** – use social media to let everyone know that you're taking part in K's for R U OK? You don't have to ask directly – just give people the opportunity to help.
- 3. If you're happy with asking directly** – try an email, there's a template below that you can copy, paste and personalise.

Visit us at join.ruok.org.au