

Sometimes we say we're OK when we're not.

If you're worried about a mate, ask twice.

"Are you really OK?"

TBH I feel like sh*t...

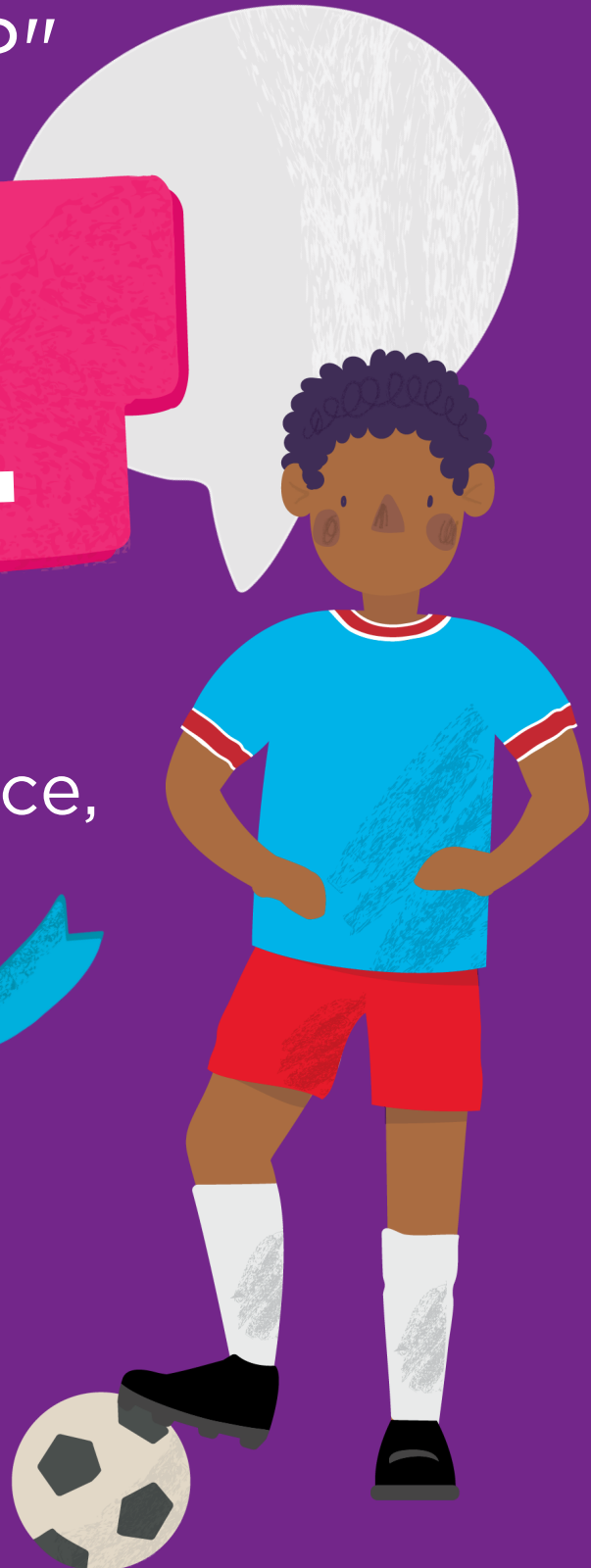
A little conversation can make a big difference, and even save a life.

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It's easy talking about the game.

But it can be hard talking about our mental health.

Are you ok?

Ask your mate how they are, and ask twice.



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- Getting informed
- Being Aware
- Asking Directly
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