

“

A mate noticed  
I wasn't myself and  
checked in. **That moment  
changed everything  
for me. I realised I  
wasn't alone.**



”

# Bruce

Business Owner  
(Truck Compliance)



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Ask **RUOK?** **ANY DAY**  
in Trucks & Sheds



“  
My advice is simple:  
be brave enough to ask.  
**Ask a mate, a colleague,  
or a family member,  
'are you OK?'.  
Really listen and  
follow up.**”

**Bruce**

Business Owner  
(Truck Compliance)



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**Ask RUOK?** **ANY DAY**  
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“

Look out for your  
mates in the industry.  
You never know what  
they might be carrying.

”

# Bruce

Business Owner  
(Truck Compliance)



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