

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

Your support means that R U OK? can continue to empower Australians to start a conversation and lend support to someone who's struggling by providing essential resources to schools, workplaces, families and communities.



## 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 on the K's for R U OK? website that you can copy, paste and personalise.



#KsforRUOK  
[ksforruok.ruok.org.au](http://ksforruok.ruok.org.au)

