

CHECK IN

7

I've been thinking of you
and want to know
how you're
going.

8

Stay in touch

1

How are you?

ASK

2

What's been
happening?

Keep an
open mind

3

LISTEN

4

Acknowledge their
feelings and
experiences.

5

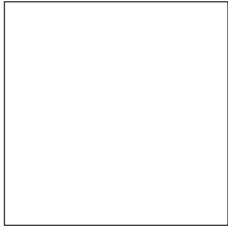
How would you
like me to
support
you?

6

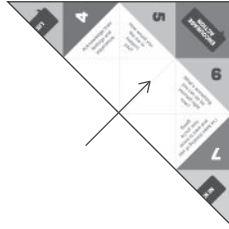
What's something
you can do for
yourself right
now?

**ENCOURAGE
ACTION**

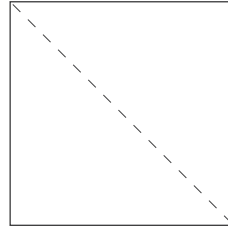
HOW TO ASK CHATTERBOX INSTRUCTIONS



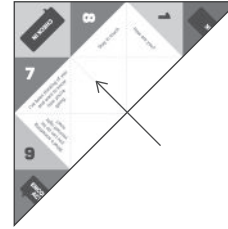
1. Take the chatterbox printout and place printed side down.



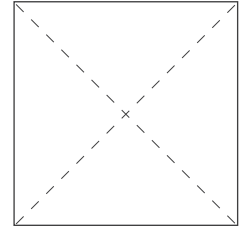
2. Fold it over like this.



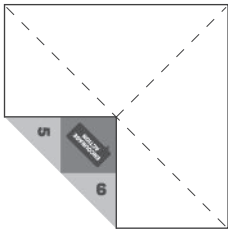
3. Unfold it.



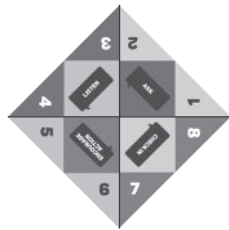
4. Now fold it the other way.



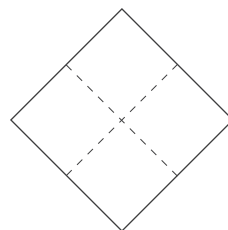
5. Unfold it and your paper should look like this.



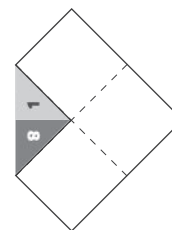
6. Fold all 4 corners to the centre of the square so the points just touch it.



7. Your paper should look like this.



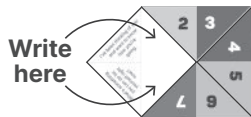
8. Flip your paper over so the folds you just made are turned down.



9. Fold the corners to the centre again.



10. Your paper should look like this.



11. You can write additional ideas and conversation starters by lifting each flap and writing in the blank space.



FIGURE 1



FIGURE 2

12. Flip your paper over. Fold it sideways like Figure 1 then unfold it. Now fold it up like Figure 2.



13. Put your fingers under the 4 open corners and bend the paper inwards.



14. Here is how it looks finished and open.

The questions and suggestions in this chatterbox are based on the R U OK? guide.
Visit ruok.or.au/how-to-ask for more information.