



Student Clubs APPLICATION FORM

www.ruok.help/clubs

First Name _____ Last Name _____

School _____ Grade _____ Cell _____

As a member of the RU?OK Student Club, I agree to uphold the duties and responsibilities of a member and promise to help my fellow students.

Signature _____ Date _____

Please complete this form and give to a teacher or RU?OK Staff Member.

Student Club Kit



Button

<p>Ask R U OK?</p> <p>Or ask: How is it going?</p> <p>No, I'm not OK. Stop a bit longer...</p> <p>What's been happening?</p> <p>How long has that been going on?</p> <p>"It's hard to hear" / "I can't see the link"</p> <p>Listen; don't judge</p> <p>Encourage action and offer support</p> <p>Take time to follow up</p> <p>Important Numbers: Crisis Text Line Text "HELLO" to 741741 Lifeline Crisis Center (800) 273-8255</p>	<p>Help a Friend</p> <p>Ask a friend R U OK? ... when they are troubled!</p> <p>Become a RU?OK Lifeguard ... and help them find safety!</p> <p>LIFEGUARD</p> <p>For more info, visit:</p> <p>RU?OK</p> <p>www.ruok.help</p> <p>QR CODE</p>
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Training Card



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