



“Doing great.
And you?”

Sometimes when we ask RUOK? we need to push beyond the answer. Some may not be immediately ready to open up, but our instincts say they're not OK. Act on your instinct and use your skills to start a conversation and listen without judgment.

Whether someone is struggling at work or home, dealing with an illness, or a bit stressed, be the one who takes an interest in what they're going through.

Learn more at EAP.cat.com > R U OK?

RUOK?[™]