



Ask Your Mob, Your Way – Become an R U OK Champion

Help spread the “Stronger Together” message and support your Mob’s wellbeing.

R U OK? is looking for Champions to lead the conversation around social and emotional wellbeing at this year’s Indigenous UniSport Games in Newcastle.

As a Champion, you’ll help create a safe space for your team, while building your own confidence and skills to “Ask Your Mob, Your Way” Are you OK?.

R U OK? Champions will be able to access FREE Training and Presentation opportunities before the Games, as well as from First Nations mentors during the Games, on why it’s important to ‘Ask Your Mob, Your Way, R U OK?’.

Being an R U OK? Champion will provide you with access to:

- Welcome Webinar by R U OK staff on what it means to be a Champion and why it’s important to ‘Ask Your Mob, Your Way, R U OK?’.

Wednesday 17 June @ 5:00 – 6:00pm (AEST) Online via Teams

- FREE resources, training and mentorship – before the Games – including the opportunity to undertake the Livingworks START online course – (90 minute)
- Merchandise – Including the opportunity to have the R U OK? logo on your team kit for the 2026 Games

We encourage the 2026 Indigenous University Team Captains to submit your interest in being an R U OK? Champion,

Please fill out this [EOI Form](#)

