

ALRIGHT MATE?

*I'M BARELY
COPING
HERE...*

*BIT TIRED
BUT I'M OK*



Being a friend means
finding out if he's
really alright.

For more info visit bit.ly/alrightmate

76%
of UK suicides
in 2014 were men.



1 in 40
people think
about suicide
each year.



Samaritans: **Freephone 116123**
National men's helpline CALM: **0800 58 58 58**