Mates look out for each other. Let him know you’re there for him whatever he needs to talk about.

For more info visit [bit.ly/alrightmate](http://bit.ly/alrightmate)

76% of UK suicides in 2014 were men.

Gay, Bi and Trans men are more likely to think about and attempt suicide than the general population.

Search ‘MindOut Online Chat’ for daily, out of hours, LGBT online support