Your friend might be struggling to #StayAlive but you can help.
76% of UK suicides in 2014 were men.

1 in 40 people think about suicide each year.

For more info visit bit.ly/alrightmate

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

SuicideSafer
Brighton & Hove

Brighton & Hove City Council