

ALRIGHT MATE?



COULD BE WORSE...



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COPING DEPRESSION RETIREME
NO SUPPORT PART RELATIONSH
BREAKDOWN BEREAVEME
MENTAL HEAL WORK ISOLATIO
ALCOHOL N G DEPRESSIO
RETIREMENT SUPPORT DE
RELATIONSH BREAKDOV
BEREAVEMENT MENTAL HEAL
WORK ISOLA ALCOHOL N
COPING RETIREME
NO SU TATIONSI
BREAK AVEME

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