

ALRIGHT MATE?



COULD BE WORSE...



ISOLATION BEREAVEMENT DEBT C
RE
D
SAD WORK MENTAL HEALTH LONE
RETIREMENT ALCOHOL NO SUPPO
BEREAVEMENT BT CRY ISOLATIO
RELATIONSHIP WORK BREAKDOV
DEPRESSION ING UNHAP
SAD WORK MENTAL HEAL
RETIREME RT ALCOH
ISOLATION ENT CRYI
RELATIONS DOWN WO
DEPRESSION ING UNHAP
SAD WORK HEALTH LONE
RETIREMEN PORT ALCOH
ISOLATION ENT DEBT C

Your mate 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**



Brighton & Hove
City Council

SEEN THE STREET ART?

WHAT DO YOU THINK?

Tell us here: bit.ly/alrightmate

