

MEN IN MIND

A simple conversation could save a life.

Ask twice - don't accept "I'm fine" if your gut is telling you something's not right.

WANNA CHAT ABOUT IT?

Call the Samaritans for free on 116 123 or text 'SHOUT' to 85258. Lines are open 24/7.

If you are feeling suicidal, call 999 or go to your nearest A&E.