

*ALRIGHT MATE?*

*YEAH FINE MATE*

*I'M NOT  
SURE YOU  
ARE...*

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