

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

76%

of UK suicides
in 2014 were men.



1 in 40

people think
about suicide
each year.



Samaritans: **Freephone 116123**

National men's helpline CALM: **0800 58 58 58**



SUICIDESAFER
BRIGHTON & HOVE



Brighton & Hove
City Council