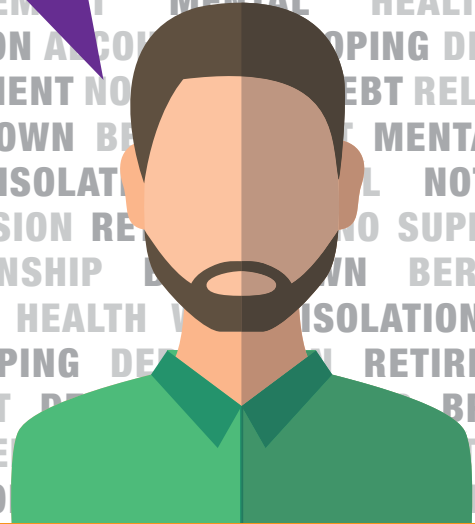


ALRIGHT MATE?

COULD BE WORSE...



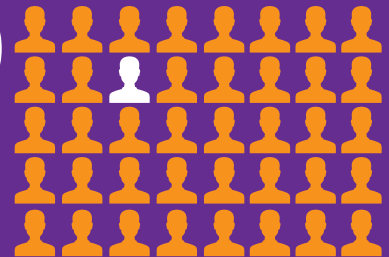
Your friend might be struggling to **#StayAlive** but you can help.

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**