

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.



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

