



Your mate might be struggling to  
**#stayalive** but you can help.  
[www.sheffieldmentalhealth.org.uk](http://www.sheffieldmentalhealth.org.uk)

76% of 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





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"How's it going?"

"Perfectly well  
thank you."

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