



CHECK-IN
WITH YOUR
MATE



THINK YOUR
MATE is
BOTTLING
SOMETHING **UP?**

HELP A FRIEND

WHO MIGHT BE STRUGGLING ALONE.



REACH OUT

Think of a mate you haven't spoken to for a while then **call** or **message** them.



CHECK-IN

Talk to your mate. Ask them how they are, what's new and how they've been feeling.



FOLLOW UP

Keep in touch. If your mate is feeling down, get them to **take a look at our website.**



Anyone can feel low, alone and even suicidal. We can all listen and give our mates the support they need but you don't need to have all the answers. Ask your mate to take a look at **checkinwithyourmate.co.uk**