



THINK YOUR MATE *is* BOTTLING SOMETHING UP?

HELP A FRIEND WHO MIGHT BE STRUGGLING ALONE.

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

**CHECK-IN
WITH YOUR** 
MATE

 **REACH OUT**  **CHECK-IN**  **FOLLOW UP**



**BROTHER DAD
BOYFRIEND MATE
FRIEND HUSBAND
SON MATE DAD
FRIEND COLLEAGUE
MATE DAD BROTHER
HUSBAND FRIEND SON
BOYFRIEND MATE**

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IS YOUR MATE HAVING MORE DOWNS THAN UPS?

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CHECK-IN WITH YOUR MATE



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**.



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KNOW A SAD LAD BROKEN BLOKE OR UNHAPPY CHAPPY?

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