



# THINK YOUR SOMETHINGI

#### 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





REACH OUT CHECK-IN FOLLOW UP





# West Yorkshire Health and Care Partnership

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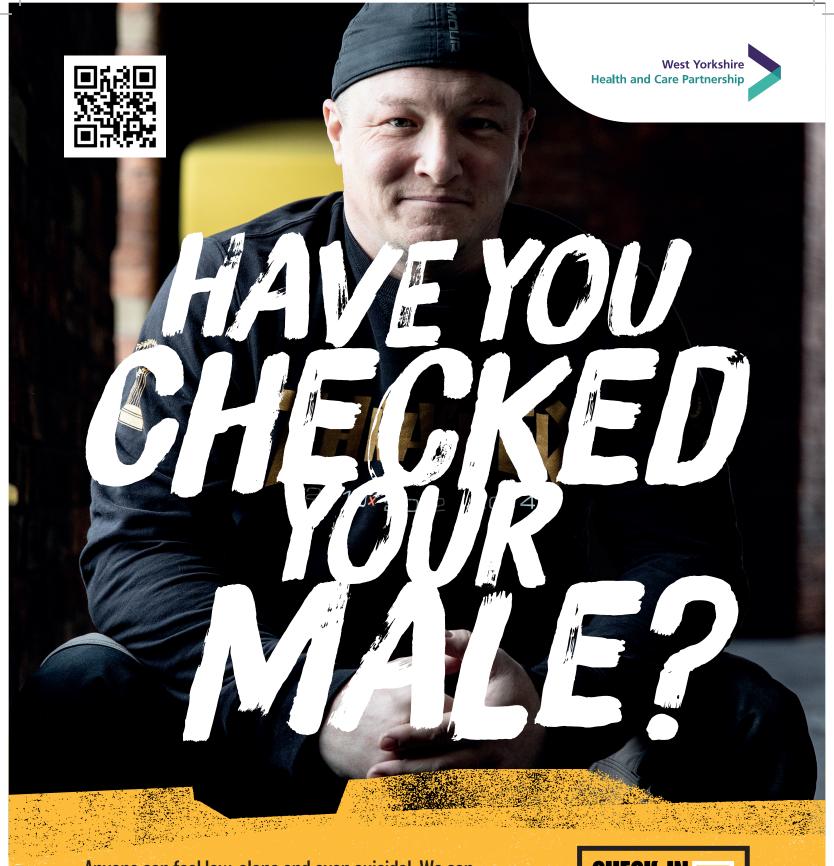
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### REACH OUT

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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### BROKENBLOKE ORINHAPPY

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