

# Men's Health Week

Join us in ensuring mental health and physical health are equally valued



**Mates  
in Mind**

**9 - 15  
JUNE**



## Samaritans

Call Samaritans for free 24/7 on  
**116 123**



## Be A Mate

Text "BEAMATE" for free 24/7 support at  
**85258**



Scan for more information