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**ENCOURAGING YOUNG MEN
TO TALK ABOUT THEIR
MENTAL HEALTH
WITH THEIR MATES**

DON'T GET CAUGHT ALONE WHEN THINGS ARE TOUGH.

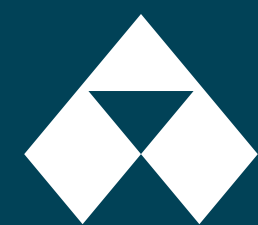
Talk more, talk early.
Don't let things
build up.

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“Hearing one of your mates opening up about something they’re not happy with, can help you open up & talk about the things that are worrying you.”

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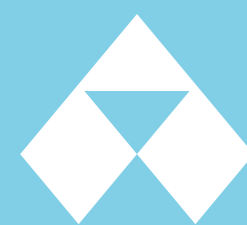


“I try & pay as much attention to my mates as I can to know when they’re not feeling too good, so I can try & help them”

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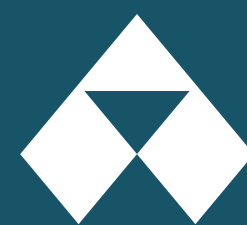
*“Sometimes I have to ask
a mate a couple of times,
but they eventually
let me know if
something is
going on.”*



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