



Let's Talk Mental Health

mind
0800 123 3393

shout
85258
here for you 24/7

PAPYRUS
0800 068 41 41



Feeling First Class
0345 266 5060

SAMARITANS

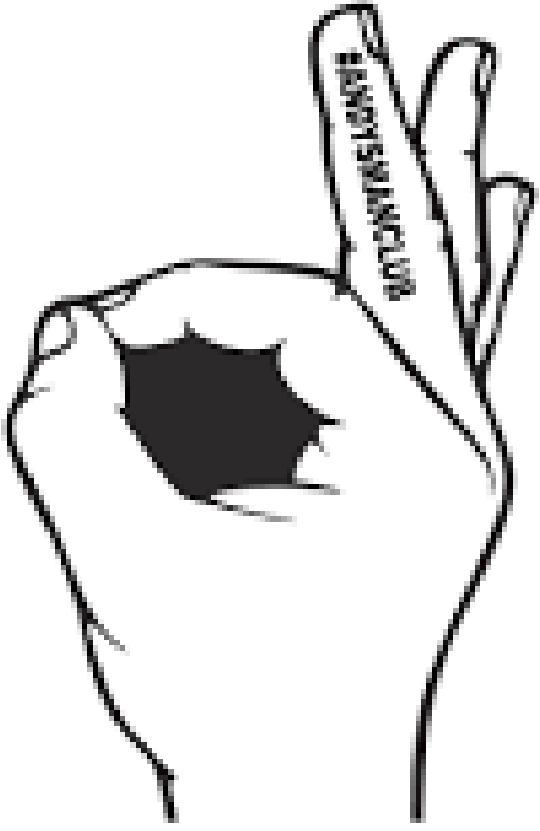
116 123

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

unum
Help @ hand

**Royal
Mail PIN:
164003**



#ITSOKAYTOTALK



www.andysmanclub.co.uk



#it's ok to talk