



THURSDAY 6 FEBRUARY 2025

TIME TO TALK DAY

A day for all communities and workplaces to come together and talk about their wellbeing.



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You're Not Alone



Samaritans

You can call the Samaritans for free 24/7 on **116 123**



Be A Mate

You can text "BEAMATE" for free 24/7 support at **85258**



Be a Mate Be the Change