



**Mates  
in Mind**



# STRESS **APRIL 2025** AWARENESS MONTH



## 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**



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information

# Be a mate Be the change