

NEURODIVERSITY CELEBRATION WEEK

16 – 20 MARCH 2026



✉ support@matesinmind.org

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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