

# Men's Health Month November 2025

**Mates  
in Mind**

Positive  
mental health  
in & through  
work.



## Samaritans

Call Samaritans  
for free 24/7 on  
**116 123**



## Be A Mate

Text "BEAMATE" for  
free 24/7 support at  
**85258**



Scan for more  
information