

# MENTAL HEALTH AWARENESS WEEK

**11 - 17 MAY 2026**



**Mates  
in Mind**



## **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

# **Be a mate Be the change**