

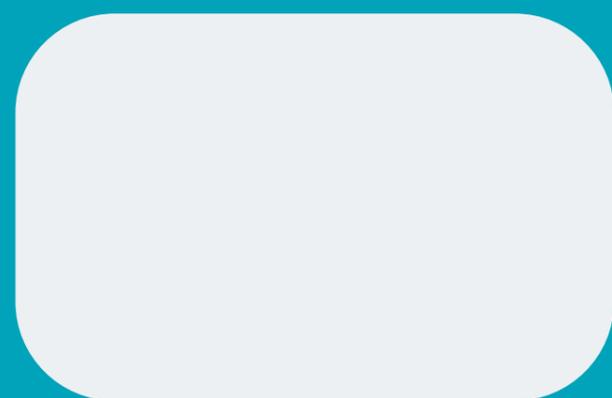
# World Mental Health Day 2024

You are not alone:

Call the Samaritans: 116 123

Text "BEAMATE" to 85258

Speak to your colleague:



**Be a mate**  
**Be the change**

Find out more



[www.matesinmind.org](http://www.matesinmind.org)