

# NEURODIVERSITY CELEBRATION WEEK

17 – 23 MARCH 2025



✉ [support@matesinmind.org](mailto:support@matesinmind.org)

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

@ [matesinmind](https://www.instagram.com/matesinmind)

## 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