

Spot the signs that someone may need support

- Not wanting to talk to or be with people
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things
- Not replying to messages or being distant

**Mates
in Mind**

**Be a mate
Be the change**

www.matesinmind.org

Remember you are not alone.

Call for confidential help on a range of health and other matters.