

How's it going? Three words that can make a big difference.

Keep in touch more: text or email if you can't meet up.

Doing stuff is as good as a chat: your mate is still the same person.

Talk. Swap stories: don't ignore the difficult stuff - you don't need to solve it, you just need ears.

Keep it real: don't make a big deal of how your mate is feeling but don't make light of it either.

Be there: ask what you can do.

time-to-change.org.uk

time to change

let's end mental health discrimination

**MEN'S
HEALTH
FORUM** 

**Is your
mate off
his game?**

Get on the
ball about
mental
health