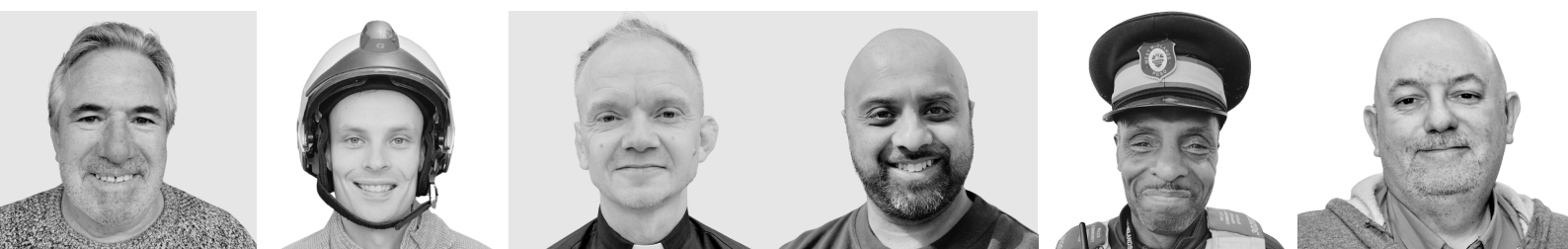




79% of deaths by suicide in Sandwell are men



Let's get men talking in Sandwell.

**Whether you're having your own struggles
or you're worried about a mate,
you aren't alone.**

www.healthysandwell.co.uk/youokmate



For urgent mental health support, call NHS 111 and select option 2.
Free, confidential and available 24/7.

