

## ACROSS THE WORLD, 3 OUT OF 4 SUICIDES ARE MEN.

Asking, listening and being there for your friends can be lifesaving. If you need a hand having a conversation with someone who's going through a tough time, use this guide.





Listen, without judgement or distractions

## E.NCOURAGE

Encourage action



Check in

## Many thanks to R U OK? for developing the ALEC model.



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