

SUICIDE IS  
THE BIGGEST  
KILLER OF  
MEN UNDER 50



#ItTakesBallsToTalk

TALKING SAVES LIVES, TALK TO SOMEONE NOW  
24 HOUR HELPLINES

**SAMARITANS**

Free helpline

116 123

**G GamCare**

Call free

0808 8020 133



Freephone

0800 132 737

[mindinthevale.org.uk](http://mindinthevale.org.uk)

 **mind** | in the Vale  
for better mental health  
o blaid gwell iechyd meddwi | of Glamorgan