

# LET'S GET REAL



ABOUT **MEN'S MENTAL HEALTH**

**Mental health problems  
can affect anyone.**

Men are just as likely to experience mental ill health as women, however, they are three times more likely to die by suicide. They are less likely to talk. Or ask for help. Something has to change.

If you are in a crisis or you know someone who is, call the Samaritans on **116 123**

For information about local support services see **[www.letsgetreal.uk](http://www.letsgetreal.uk)**



**MOVEMBER<sup>®</sup> FOUNDATION**  
SUPPORTER

# IMPROVE YOUR WELLBEING AND WIN SOME GREAT PRIZES



**Bristol Bears, Bristol City, Bristol Rovers, local health services and councils have joined forces to support Movember 2018. And help more men speak out.**

**WIN:** signed balls, shirts, tickets and more by entering our quick quiz. And learn how to improve your mental health too.

To enter: [www.letsgetreal.uk](http://www.letsgetreal.uk)

