

# MEN'S HEALTH

## LET'S CARE FOR OUR MENTAL HEALTH

**IN 2019\*, THERE WERE 421 LIVES LOST TO SUICIDE.  
OVER 75% OF THESE WERE MEN.**

Behind every statistic is a dad, a brother, a husband, a son, a boyfriend, a friend, a neighbour. By speaking out about mental health struggles, and seeking help from professionals when needed, we can reduce these numbers and support those we love through difficult times.

**ON THIS MEN'S HEALTH WEEK, PLEASE CHECK IN WITH  
THE MEN IN YOUR LIFE.**

\*2019 figures for deaths by suicide are provisional and do not include official and late registrations.

**crisis text line**

**50808**

**free 24/7 text service**

**SAMARITANS**

**FREEPHONE: 116-123**

**TEXT: 087 260 9090 EMAIL: [jo@samaritans.ie](mailto:jo@samaritans.ie)**  
**EMERGENCY DIAL 112/999**

**VISIT [YOURMENTALHEALTH.IE](http://YOURMENTALHEALTH.IE) FOR SUPPORTS AND SERVICES**