



MOVEMBER®

**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.

A.SK

Ask the question

L.ISTEN

Listen, without judgement or distractions

E.NCOURAGE

Encourage action

C.CHECK

Check in

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

