



Asking, listening, and being there for your mates can be lifesaving. When in doubt, use this guide to be there for friends—in any situation.

A.SK

Ask how your mates are doing

L.ISTEN

Listen to what they say

E.NCOURAGE ACTION

Explore the options they might have

C.CHECK IN

Keep in touch with where they're at



Need a hand having a conversation with a mate who's really doing it tough?

movember.com/conversations

BE A SMART ALEC.

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