

“Hi”

SPACE

BREATHING

You've just done the hardest part

It's not easy for men to pick up the phone and talk about problems or emotions. We're not ones to open up. Instead we bottle things up. That's why there's Breathing Space. They try and make it easier for us to talk about what we're going through. Call in strict confidence on **0800 83 85 87**.

Open up when you're feeling down