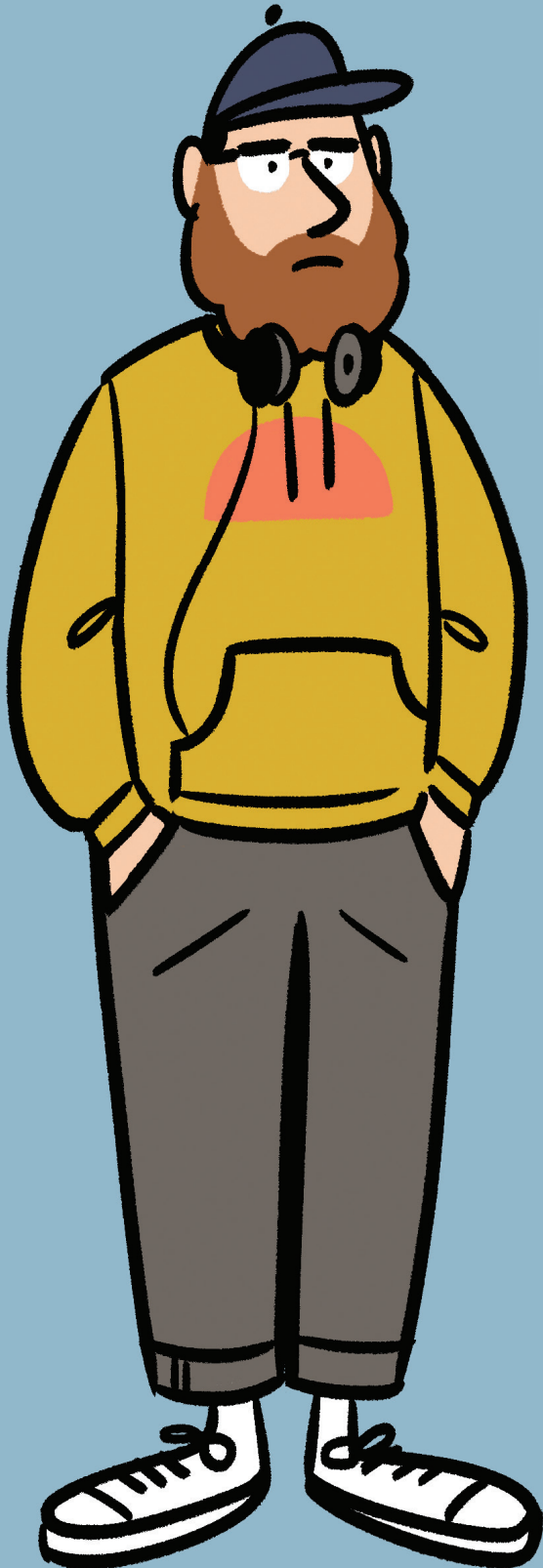


HEY LIAM, HOW ARE YOU REALLY DOING?



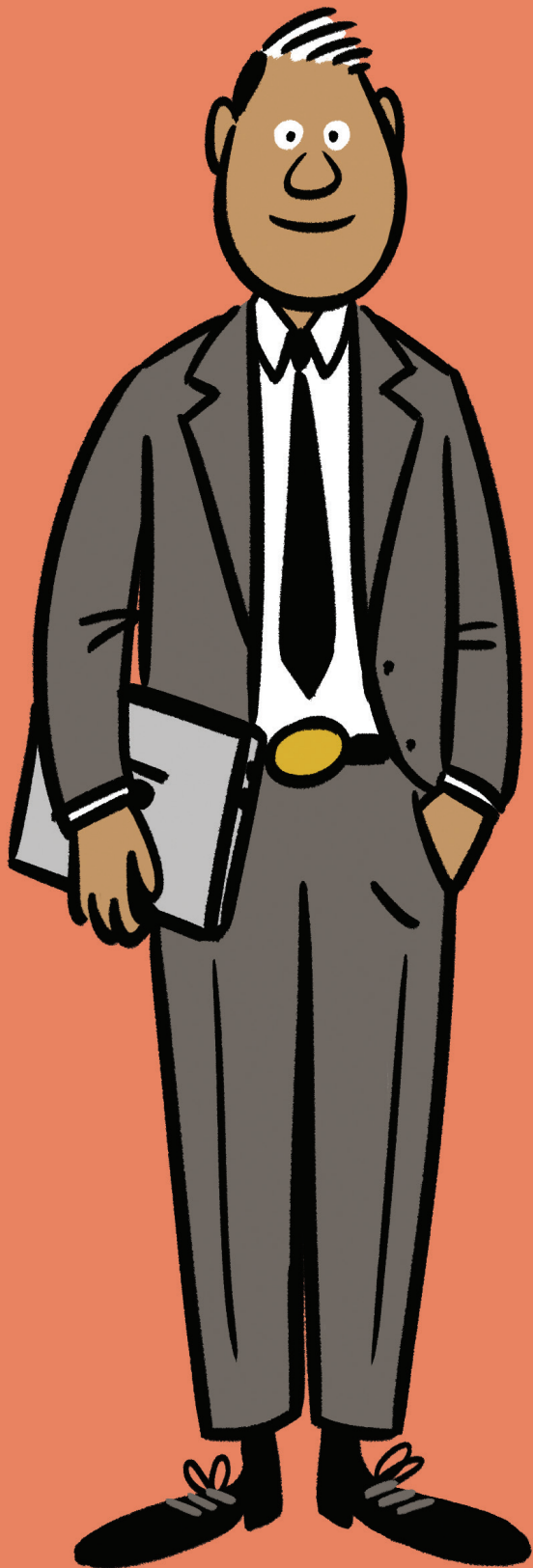
Men have a suicide rate 3× higher than women.

Liam hasn't been texting as much lately. He hasn't been showing up at board game nights, and his beard is more disheveled than usual.

If you have a friend like Liam, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY AMIR, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3× higher than women.

Amir seems like he has his life together. He's a confident guy, and he always looks sharp. But Amir makes a lot of jokes about depression and suicide.

If you have a friend like Amir, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY STEVE, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3× higher than women.

Steve has been smoking and drinking more than usual. He's been talking about how much life sucks, and how he feels like a burden.

If you have a friend like Steve, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY CHRIS, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3× higher than women.

Chris is constantly stressed out. He's been working overtime at the hospital and jokes that his relationship is falling apart.

If you have a friend like Chris, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY LUIS, HOW ARE YOU REALLY DOING?



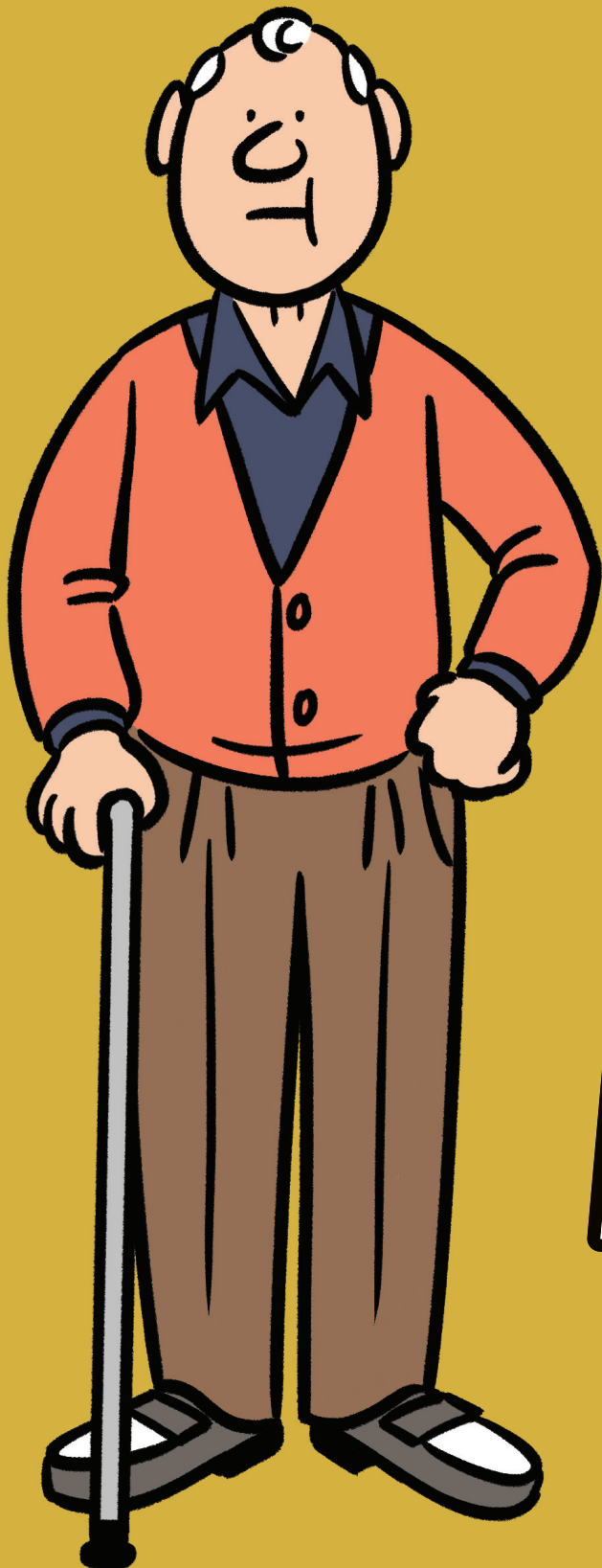
Men have a suicide rate 3× higher than women.

Luis is a star athlete on his university team, but lately, he's been showing up late to practice and he hasn't been able to keep his grades up.

If you have a friend like Luis, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY JIM, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3× higher than women.

Jim has stopped playing cards with his friends and going for walks each day, and he's been losing his patience with facility staff.

If you have a friend like Jim, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY AIDEN, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3× higher than women.

Aiden is overwhelmed with all the uncertainty going into his first year of college. His classes are online and he's anxious about how his first year will be.

If you have a friend like Aiden, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY JAMAL, HOW ARE YOU REALLY DOING?

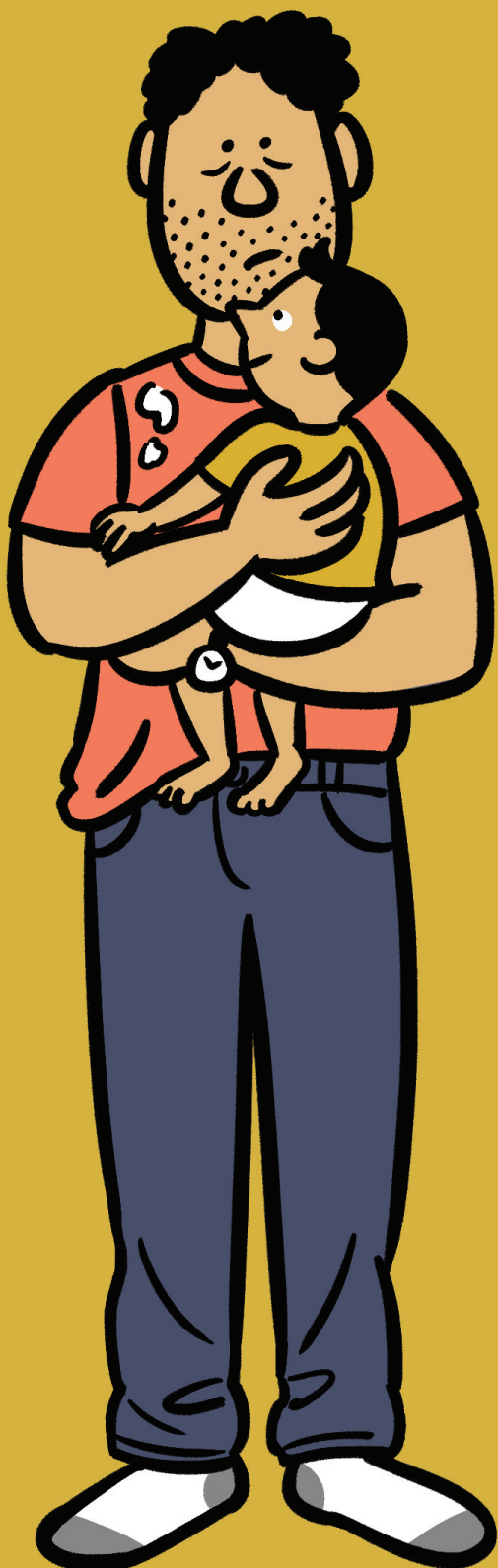
Men have a suicide rate 3x higher than women.

Jamal looks exhausted lately, and when he's off, all he does is watch TV and sleep. He used to be the life of the party, but he hasn't texted his friends in months.

If you have a friend like Jamal, it's time to step up and offer your support. Learn more at [**buddyup.ca.**](https://buddyup.ca)



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HEY MARCOS, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3x higher than women.

Marcos is working from home and taking care of his new baby. When asked, he says he's doing okay but he's not his usual enthusiastic self.

If you have a friend like Marcos, it's time to step up and offer your support. Learn more at buddyup.ca.



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HEY CLAY, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3x higher than women.

Clay's farm isn't doing well this year and he says he hasn't been able to finish his daily jobs. He's not going to the coffee shop or texting friends anymore.

If you have a friend like Clay, it's time to step up and offer your support. Learn more at buddyup.ca.



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