

**CAMPAIGN
AGAINST
LIVING
MISERABLY**
CALM

CALM IS LEADING A
MOVEMENT AGAINST
SUICIDE

THE SINGLE BIGGEST
KILLER OF MEN UNDER 45

AND THE CAUSE OF
DEATH FOR 18 PEOPLE
EVERY DAY

IN 2018

6,507 PEOPLE DIED BY SUICIDE

THAT'S

11% UP YEAR ON YEAR

HOW DO WE LEAD THIS MOVEMENT?



DIVORCE



14,000 calls & webchats a month
675 suicides prevented 2018

0800 58 58 58

Open 5pm – midnight, 365 days a year

Website: <https://www.thecalmzone.net/help/get-help/>