



Have you experienced thoughts and feelings of wanting to kill yourself?

Have you tried to kill yourself and survived?

Come and see a...



Suicidal thoughts and attempts are not wrong or shameful. It helps to talk about them with people who have tried to kill themselves and still have thoughts of wanting to do so, but manage to survive. Not only do we manage to survive, we can 'survive surviving' and lead happy lives.

We are survivors. We understand. You are not on your own.

MaaD has no referral system; no appointments system; no waiting list.

Come and see a Man about a Dog whenever it suits you, as often as you like.

Get in touch if we can help you, or someone you know.

Our contact details are on the back of this flyer.



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Chris and Rachel
07706 115 471

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manaboutadog.org



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surviving surviving**



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