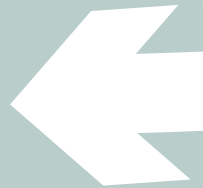


WHEN LIFE GETS TOUGH, YOU CAN TURN TO CALM



CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM



We're the Campaign Against Living Miserably (CALM) and we're leading a movement against suicide: every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this.

And we're here every day to help if you're struggling.

We know life can get tough: you can feel like you've taken a wrong turn or that you've stalled (sorry, we'll stop with the driving puns now).

And we know that driving all day on your own, the stress of battling with the clock and all the rest of it, doesn't make things easier. So we've teamed up with Highways England and their Driving for Better Business programme.

We're on a journey (OK, just one more) to get every driver in the country equipped with resources to help you and your mates through tough times. To get support now, find out more and get your fleet more involved, go to

www.drivingforbetterbusiness.com/CALMdriver



0800 58 58 58



THECALMZONE.NET/HELP

5PM - MIDNIGHT EVERY DAY • FREE • CONFIDENTIAL • ANONYMOUS