

CAN YOU SPOT A BRO WHO'S FEELING LOW?

IF A FRIEND HASN'T SEEMED HIMSELF LATELY,
IT MIGHT BE A SIGN THAT HE'S STRUGGLING.



MOVEMBER.COM



**DOES MR. LAID-
BACK SEEM A
BIT ON EDGE?**

**HAS YOUR GROUP
CHAT KING GONE
QUIET?**

**IS THE PARTY
ANIMAL JUST
NOT FEELING IT?**

**DID THE SPORTY
ONE MISS A
SESSION?**

FOR TIPS ON HOW TO HELP A BRO HEAD TO [MOVEMBER.COM/SIGNS](https://www.movember.com/signs)