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## Campaign Against Living Miserably (CALM)

### Organisation Details

#### Description of activity

The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK.

CALM helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. Help is available from the helpline number below which is available 5pm–midnight, 365 days a year.

There is also advice on the CALM website.

### Contact Details

#### Telephone

0808 802 58 58

#### Website

<https://www.thecalmzone.net/>

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