



FACE OF

AS WE CELEBRATE INTERNATIONAL MEN'S DAY, I'M DEEPLY HONORED TO SUPPORT THIS YEAR'S CRUCIAL THEME, 'ZERO MALE SUICIDE.'

LET'S BREAK THE SILENCE SURROUNDING MEN'S MENTAL HEALTH AND ACKNOWLEDGE THE DIVERSE CHALLENGES THAT MEN FACE IN OUR SOCIETY. LET US FOSTER A CULTURE OF OPEN CONVERSATION, EMPATHY, AND SUPPORT, BREAKING DOWN THE BARRIERS THAT PREVENT MEN FROM SEEKING HELP.

LET'S STRIVE TO CREATE A WORLD WHERE ZERO MALE SUICIDES BECOME A REALITY. LET'S BE THE CHANGE WE WANT TO SEE.

Siam Ahmed
SIAM AHMED

