

DON'T BE AFRAID OF ONE WORD

TALKING ABOUT SUICIDE IS IMPORTANT

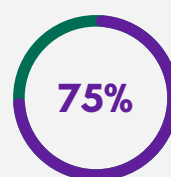
DID YOU KNOW?



1 in 5 people in the UK will experience suicidal thoughts



4x more people die by suicide than in road accidents



Men are 3x more likely to die by suicide than women

MYTH BUSTER

Myth: Talking about suicide may prompt someone to act. Not true.

Fact: Opening up a conversation about suicide can make someone feel seen, heard, and supported.



YOU DON'T NEED TO HAVE ALL THE ANSWERS A LISTENING EAR CAN MAKE ALL THE DIFFERENCE

WHAT CAN I DO?

For people experiencing difficult feelings, talking about suicide is important. Asking directly and clearly can enable someone to open up, giving them permission to share how they are feeling and seek help.

For people affected by loss through suicide, language matters. Avoid saying "committed suicide", it suggests a crime or offence. To acknowledge loss without judgement or stigma say "died by suicide".

- 1 NOTICE:**
Pay attention to those around you
- 3 LISTEN:**
Simply listen, without interruption or judgement

- 2 ASK:**
If you're concerned, ask clearly and directly
- 4 SUPPORT:**
Encourage help and signpost to quality information



Call 24/7
Samaritans
116 123

CALM
0800 58 58 58
thecalmzone.net

Text
SHOUT to 85258
for crisis support

Call **111**
Ask for Mental
Health Helpline

**RESTORE
SIGNPOSTING**

