

#TALK

SUICIDE



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Spot the signs



Anyone can get the skills and confidence to talk to someone at risk of suicide. Book onto the free, half-day and online Suicide Awareness and Prevention training today.

09:30



**Are you ok mate? Not
seen you around much.**

**Yeah...
I'm fine...**

*I'm not fine and
I can't face the
world anymore.*

**Are you really OK?
I mean, really?**

**Well, I'm not
great, but
don't worry
about it...**

*Please just
talk to me
so I don't
feel so alone.*



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A photograph of two men standing outdoors in front of a red brick wall. The man on the left has a beard and is wearing a light blue t-shirt. The man on the right is bald, has a black earring, and is wearing a maroon hoodie over a dark t-shirt. Both are smiling and laughing. A yellow speech bubble graphic is overlaid on the image, containing the text '#TALK SUICIDE'.

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A photograph of two middle-aged men with grey hair, smiling and talking to each other in a natural, hilly outdoor setting. The man on the right is wearing a yellow sweater and a backpack, holding a small object in his hand. The man on the left is wearing a plaid shirt. The background is a soft-focus landscape with green and purple vegetation.

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