



**SUICIDE IS PREVENTABLE**

**TO  
ASK**

**OK**

**There's no easy way to ask -  
"are you thinking about suicide?"**

**But if you're worried about someone, it's OK to ask them**

**Suicide is a tragic loss for everyone.**

**It's OK to ask for help, call Samaritans now on 116-123**

**For young people (under 35), or anyone concerned about  
a young person, call HOPELINEUK on 0800 068 4141**

**Have a life-saving conversation today.**

**Visit: [www.oktoaskcampaign.co.uk](http://www.oktoaskcampaign.co.uk)**

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