

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**

Have a life-saving conversation today.

Visit: www.oktoaskcampaign.co.uk

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