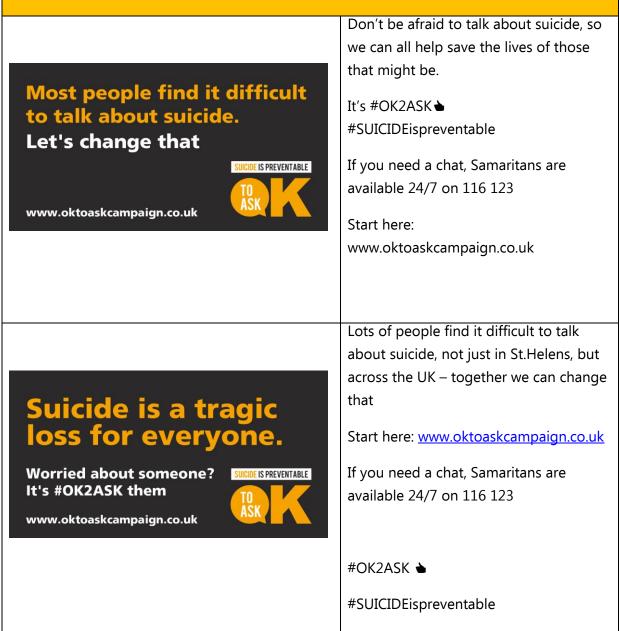
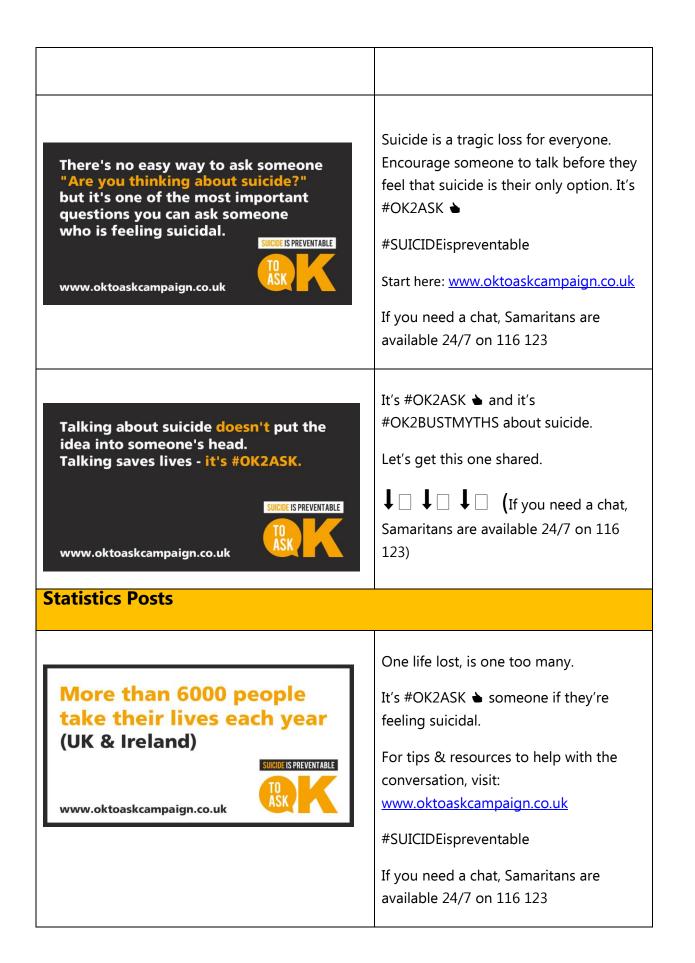


Social Media Messages #OK2ASK #SUICIDEispreventable

Key Message Posts





1 in 5 of us has had suicidal thoughts It's time to share them.	 Talking saves lives. It's #OK2ASK ▲ someone if they're feeling suicidal. For tips & resources to help with the conversation, visit: www.oktoaskcampaign.co.uk If you need a chat, Samaritans are available 24/7 on 116 123 #SUICIDEispreventable
The suicide rate for women in their early 20s is at the highest it's been for 20 yearsSUEDE IS PREVENTABLE Importancewww.oktoaskcampaign.co.uk	 It's #OK2ASK → someone if you're worried about them. Do it over lunch, take a friend out for coffee, phone or text. For tips & resources to help with the conversation, visit: www.oktoaskcampaign.co.uk If you need a chat, Samaritans are available 24/7 on 116 123
Tens of thousands of people attempt suicide each year (UK & Ireland)	Every life lost represents someone's partner, child, parent, friend, colleague It's time we all talk about it. #OK2ASK Start the conversation here: www.oktoaskcampaign.co.uk #SUICIDEispreventable If you need a chat, Samaritans are available 24/7 on 116 123

Men aged 45-49 have the highest suicide rate in the UK



www.oktoaskcampaign.co.uk

For all the men out there..... share this message & raise awareness

It's #OK2ASK **•** someone if they're feeling suicidal. It could save a life.

www.oktoaskcampaign.co.uk

#SUICIDEispreventable

If you need a chat, Samaritans are available 24/7 on 116 123

Support number posts

