




**Social Media Messages**  
**#OK2ASK #SUICIDEispreventable**

**Key Message Posts**

<p><b>Most people find it difficult to talk about suicide. Let's change that</b></p> <p><small>SUICIDE IS PREVENTABLE</small></p> <p><b>TO ASK OK</b></p> <p><a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p>	<p>Don't be afraid to talk about suicide, so we can all help save the lives of those that might be.</p> <p>It's #OK2ASK 🇬🇧        #SUICIDEispreventable</p> <p>If you need a chat, Samaritans are available 24/7 on 116 123</p> <p>Start here:  <a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p>
<p><b>Suicide is a tragic loss for everyone.</b></p> <p><b>Worried about someone? It's #OK2ASK them</b></p> <p><small>SUICIDE IS PREVENTABLE</small></p> <p><b>TO ASK OK</b></p> <p><a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p>	<p>Lots of people find it difficult to talk about suicide, not just in St.Helens, but across the UK – together we can change that</p> <p>Start here: <a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p> <p>If you need a chat, Samaritans are available 24/7 on 116 123</p> <p>#OK2ASK 🇬🇧        #SUICIDEispreventable</p>

 <p>There's no easy way to ask someone <b>"Are you thinking about suicide?"</b> but it's one of the most important questions you can ask someone who is feeling suicidal.</p> <p><small>SUICIDE IS PREVENTABLE</small></p> <p><b>TO ASK OK</b></p> <p><a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p>	<p>Suicide is a tragic loss for everyone. Encourage someone to talk before they feel that suicide is their only option. It's #OK2ASK 🗣️</p> <p>#SUICIDEispreventable</p> <p>Start here: <a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p> <p>If you need a chat, Samaritans are available 24/7 on 116 123</p>
 <p>Talking about suicide <b>doesn't</b> put the idea into someone's head. Talking saves lives - <b>it's #OK2ASK.</b></p> <p><small>SUICIDE IS PREVENTABLE</small></p> <p><b>TO ASK OK</b></p> <p><a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p>	<p>It's #OK2ASK 🗣️ and it's #OK2BUSTMYTHS about suicide.</p> <p>Let's get this one shared.</p> <p>↓👍 ↓👍 ↓👍 (If you need a chat, Samaritans are available 24/7 on 116 123)</p>
<p><b>Statistics Posts</b></p>	
 <p><b>More than 6000 people take their lives each year (UK &amp; Ireland)</b></p> <p><small>SUICIDE IS PREVENTABLE</small></p> <p><b>TO ASK OK</b></p> <p><a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p>	<p>One life lost, is one too many.</p> <p>It's #OK2ASK 🗣️ someone if they're feeling suicidal.</p> <p>For tips &amp; resources to help with the conversation, visit: <a href="http://www.oktoaskcampaign.co.uk">www.oktoaskcampaign.co.uk</a></p> <p>#SUICIDEispreventable</p> <p>If you need a chat, Samaritans are available 24/7 on 116 123</p>

**1 in 5 of us has had suicidal thoughts**  
**It's time to share them.**

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



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](http://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 years**

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

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



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](http://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](http://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](http://www.oktoaskcampaign.co.uk)

#SUICIDEispreventable

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

## Support number posts

It's #OK2ASK for help

**Samaritans: 116 123**

a safe place for you to talk anytime (24 hrs free)

**Text SHOUT to: 85258**

text with a trained crisis volunteer (24 hrs free)

**Amparo: 0330 088 9255**

supports anyone affected by a suicide death, whether a recent or historical death (Mon-Fri, 9am-5pm)

**Hopeline UK: 0800 068 4141**

advisors available to chat to young people & their families (Mon - Fri, 9am - 10pm / Weekends & Bank Holidays, 2pm -10pm)

SUICIDE IS PREVENTABLE



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

Lifelines for suicide prevention

It's #OK2ASK 🐣 for help.

Please share, it could save a life.

#SUICIDEispreventable

<http://www.oktoaskcampaign.co.uk/who-can-i-contact-for-help/>

## Suicide Prevention Apps

Available on Google Play & Apple App Store now!



**Stay Alive App**

Packed full of useful information & tools to help you stay safe in a crisis.



**Calm Halm App**

Tasks, information & support to help you resist the urge to self-harm.



**Text SHOUT to: 85258**

to text with a trained crisis volunteer (24 hrs free)

SUICIDE IS PREVENTABLE



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

Suicide prevention in your hands.

It's #OK2ASK 🐣 for help.

Please share, it could help save a life

#SUICIDEispreventable

<http://www.oktoaskcampaign.co.uk/who-can-i-contact-for-help/>