



### It is:

- To be approachable and not run from the word suicide.
- To be a connector, a first point to start a conversation.
- To be a non-judgmental, caring and understanding listener.
- To give signposting support and information.
- Somebody to ask directly about suicide.

### You can:

- Access information around appropriate support.
- Call 999 if you feel anyone is in immediate danger. Call the NHS urgent mental health helpline 111 (option 2) to get urgent help for someone you're worried about
- Encourage someone to make a safety plan, identify

