

3 Steps towards suicide prevention

Having a conversation about mental health can be uncomfortable but it can make all the difference



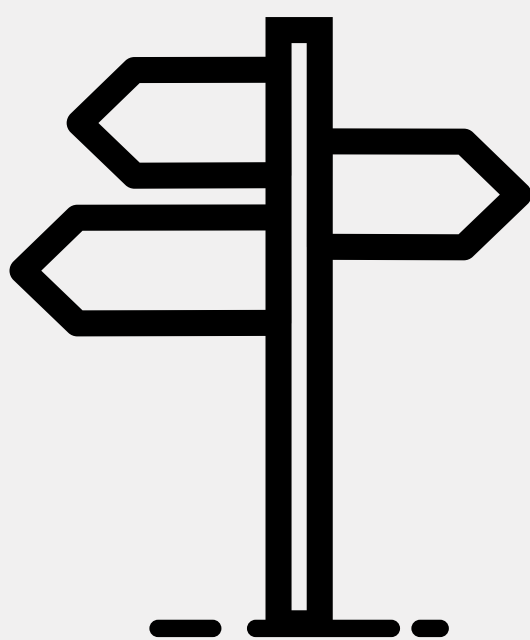
SEE!

Recognise why someone might be at risk of suicide



SAY

Talk to someone and ask directly if they're thinking of suicide



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Help them to stay safe and direct them to useful resources

www.zerosuicidealliance.com