

RU OK?



Many of us will have suicidal thoughts
It's ok to talk about it!

Start a conversation and show you care #RUOK?

www.lpft.nhs.uk/suicidesafe

Samaritans call for free any time, from any phone on 116 123



Lincolnshire
SUICIDE SAFE
Supporting Awareness for Everyone



A simple question could change a life

Suicide prevention is everybody's business.
Start a conversation and show you care #RUOK?

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R U OK?

*Suicide prevention is
everybody's business*

No, I'm not OK

Dig a bit deeper

*"What's been
happening?"*

Yes, I'm fine

But you sense they're not

*"It's just you don't seem
yourself lately"*

Just listen: don't judge

Offer support and explore next steps:

*"How can I help?"
"What would help?"*

Make time to check in

"Let's catch up next week"

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for more advice on supporting someone with suicidal thoughts

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