



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?

[www.lpft.nhs.uk/suicidesafe](http://www.lpft.nhs.uk/suicidesafe)

# A conversation can make all the difference

1.

## Just listen, don't judge

Simply being there can mean the world.



"I'm not an expert, I just listen like a friend."

2.

## Offer support

Small things can make a big difference.



"Would you like to get some help? How can I support you?"

3.

## Keep in touch

Text, call, email or meet up - whatever works for you.



"My weekly texts from Dan made me smile."

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