



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"

Visit www.lpft.nhs.uk/suicidesafe

for more advice on supporting someone with suicidal thoughts

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