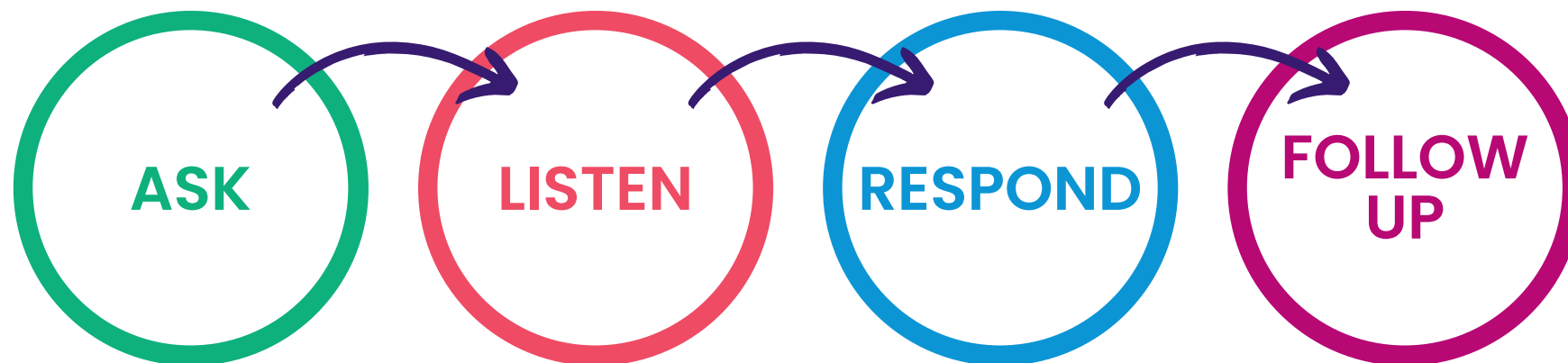


# World Suicide Prevention Day

Creating Hope Through Action



**Someone I know may be thinking about suicide. What can I do?**



**ASK** if the person is thinking about suicide.

**LISTEN** without judgement. Let the person talk without interruption and make them feel heard.

**RESPOND** with kindness and care. Always take the person seriously.

**FOLLOW-UP** with the person and support their transition from crisis to recovery.

**I am struggling with thoughts of suicide. What can I do?**



**0808 808 8000**

Reaching out for help is the most important action you can take if you are struggling with thoughts of suicide. You don't have to suffer in silence. **There is hope and help is available.**

For more information visit  
**[www.amh.org.uk](http://www.amh.org.uk)**

Your Logo  
Here

