

Suicide Prevention Awareness

Let's Break the Silence

- ✓ Every 40 seconds, someone loses their life to suicide. Let's work together to raise awareness, offer support, and save lives.
- ✓ It's crucial to talk openly about suicide, reduce the stigma, and encourage those who are struggling to seek help.
- ✓ Remember, you are not alone. For confidential support, reach out to our Counselling & Advice Helpline.



Scan the QR code to learn more about suicide prevention, discover ways to offer support, and find resources available for those in need.

**counselling
& advice helpline**

 **0800 328 1437**

 **employeeassistance.org.uk**