

LET'S TALK TO PREVENT MALE SUICIDE



It's okay to ask **"Are you
thinking about suicide?"**

**Listening is more powerful
than you think.**

Suicide is the biggest killer of men under 49

Together we can help to prevent suicide

If you're struggling to cope then
call **Samaritans on 116 123**



Healthier
Lancashire &
South Cumbria

#SuicidePrevention
Healthierlsc.co.uk/MaleSuicide