

**LET'S TALK
TO PREVENT
MALE SUICIDE**



**Let's talk about suicide.
Ask your mate if you think
they're struggling.**

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