

LET'S TALK
TO PREVENT
MALE SUICIDE



"Are you thinking about suicide?" It's OK to ask.

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

IT'S OK TO ASK

We are joining forces with Lancashire and South Cumbria Integrated Care System to encourage you to look out for your colleagues, clients and stakeholders this winter.

'Let's Talk To Prevent Male Suicide' is supporting managers, colleagues, family and friends to talk to prevent suicide because:

- Suicide rates In Lancashire and South Cumbria are the third highest in England.
- Suicide is the biggest killer of men under age 49.
- Of those who die by suicide, 67 per cent are not known to mental health services.

As part of this campaign, a partnership of NHS, local authority, police, public sector, education and businesses are working to reduce suicide and demonstrate we all can make a difference.

[INSERT NAME] said: "We are happy to give our support to this important scheme. We recognise that suicide is a complex issue – so suicide prevention is everyone's business The workplace is an important setting to reach out to those at risk. Look out for the posters around the office. You can also find out more and get support at: healthierlsc.co.uk/malesuicide