

LET'S KEEP TALKING TO PREVENT MALE SUICIDE



Scan the QR code for a list
of services in your area

CLARKE CARLISLE

Ex-Footballer and Mental Health Ambassador

It's okay to ask **"Are you thinking
about suicide?"** Listening is more
powerful than you think.

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



or talk with an **Orange Button Wearer**,
they've had the training to help you.



Lancashire and
South Cumbria
Health and Care Partnership

#SuicidePrevention
Healthierlsc.co.uk/MaleSuicide