

# World Suicide Prevention Day

*creating hope Through Action*

You don't have to suffer in silence. There is hope and help is available.

**If you or someone you know is in crisis or distress – please reach out for help.**

Every **action** can connect someone to life and the **help they want.** To prevent suicide requires us to become a **beacon of light** to those in pain.



For more information visit  
[www.amh.org.uk](http://www.amh.org.uk)



**0808 808 8000**

Your Logo  
Here

