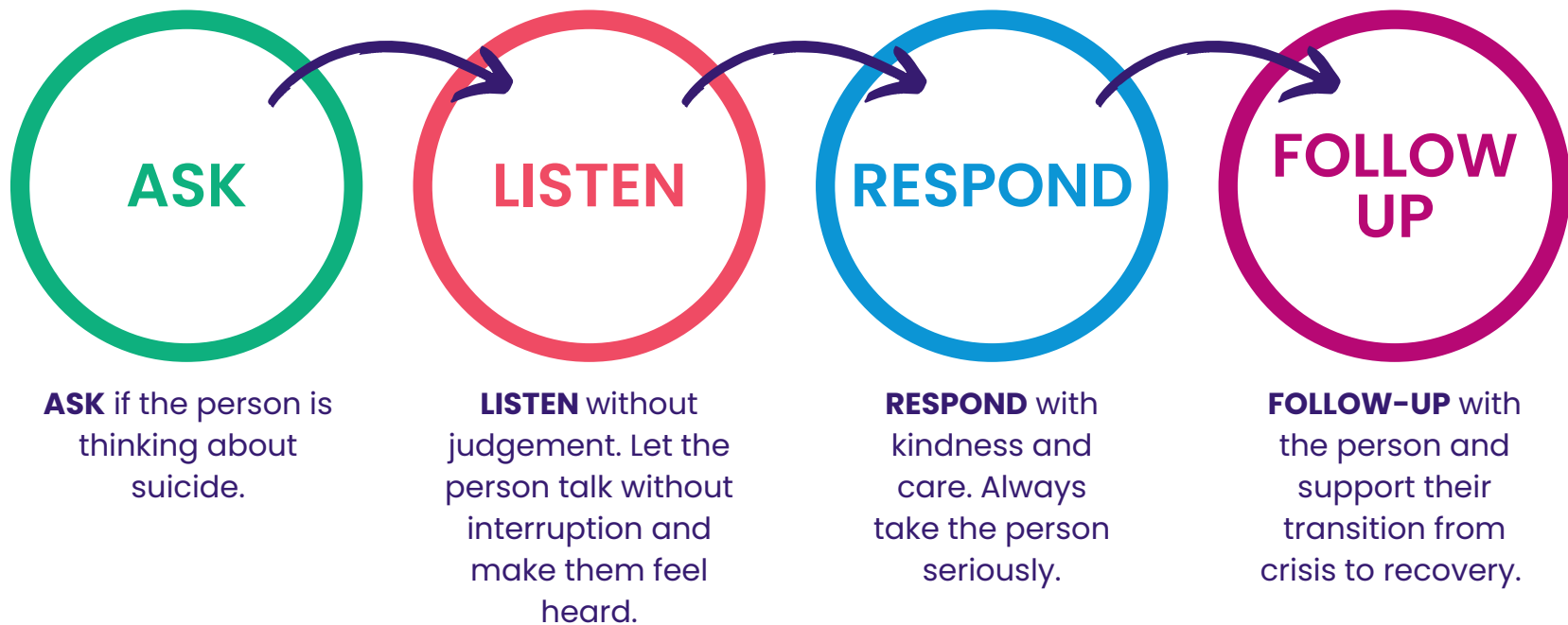


World Suicide Prevention Day

Creating Hope Through Action



Someone I know may be thinking about suicide. What can I do?



I am struggling with thoughts of suicide. What can I do?

Reaching out for help is the most important action you can take if you are struggling with thoughts of suicide. You don't have to suffer in silence.

There is hope and help is available.



0808 808 8000

For more information visit
www.amh.org.uk

Your Logo
Here

action
mental
health