

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.



0808 808 8000



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

Your Logo
Here

**action
mental
health**