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IT'S SAFE TO TALK ABOUT SUICIDE

It can be difficult to identify the signs of suicide.
Look out for changes in behaviour and mood
... talking about feeling hopeless,
trapped or worthless ... self-harm.

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If you are worried that someone you
know might be feeling suicidal, the
safest thing to do is to **ASK.**

It's OK to talk, suicide is preventable and there is always help available.
Find out more www.nottinghamshire.gov.uk/suicide