



**It's ok
to talk
about it**



**Together
we can
prevent
suicide**

Suicide

**1 in 5 people have had suicidal
thoughts at some time in their life**

If you're worried about your mental health,
or need urgent help, call 111 (option 2),
available 24/7.

www.nottinghamshire.gov.uk/suicide



Suicide
It's ok to
talk about it



**Nottinghamshire
County Council**



**Nottingham
City Council**



**Nottingham and
Nottinghamshire**