

Sometimes we say we're OK when we're not.

**If you're worried about a mate, ask twice.**

"Are you really OK?"

**I'm not doing too good TBH**

A little conversation can make a big difference, and even save a life.

Scan here for tips on how to start



**Every  
life  
matters** ...

[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)



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**TBH I feel like sh\*t...**

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# Do you know someone bereaved by suicide?

You can make a difference

“

**I would really appreciate even just knowing that there is the opportunity to talk to someone if I want to.**

”

I'm here  
to listen

Finding the Words will help you feel more comfortable about reaching out to someone bereaved by suicide.



Scan the QR code to download.



 SCAN ME

## Every life matters



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# Start the conversation this world suicide prevention day

Show your support by raising  
awareness of this important  
subject



**Lets end the  
stigma, lets talks  
talk about suicide**



**Every life matters**



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