



You are not alone

If you or someone you know is dealing with thoughts of suicide, has lost a loved one to suicide, or is supporting a person at risk, we are here to help.

You matter. Your life matters.
Together, we can find hope.



Visit:

How Are You Lincolnshire | Suicide Prevention
(haylincolnshire.co.uk)



H.A.Y.
Lincolnshire

**Preventing
Suicide**



in Lincolnshire