



## 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](http://haylincolnshire.co.uk))