

# Need urgent support for thoughts of suicide?

**Call NHS 111  
(Option 2)**

**OR**

**Lincolnshire  
Mental Health  
Helpline.**

**0800 001 4331  
(open 24/7)**



# Reach Out

**It's good to  
talk about it.**

**To find Support Services to fit your needs, visit  
[www.haylincolnshire.co.uk/suicide-prevention](http://www.haylincolnshire.co.uk/suicide-prevention)**

# Check in with each other

Asking someone how they are can help people to open up and start talking.

I've noticed that you haven't been yourself lately. Is everything ok?

No, not really.

Can we talk about it?

**Myth**

**VS**

**Fact**

**Speaking about  
suicide increases  
the chances of it  
happening.**

**Speaking about  
suicide starts a  
conversation that  
could save  
someone's life.**

Source:



# Impacted by Suicide?

## Amparo can support you

Amparo means 'shelter or 'safe haven' in Spanish and provides support for anyone affected by suicide.

[www.amparo.org.uk](http://www.amparo.org.uk)



**It's important to ask  
directly about suicide  
but we don't always  
have the confidence  
or know what to say.**



**Increase skills and confidence with  
ZSA Training**

**Free online training from the Zero Suicide Alliance can  
help to give you this confidence and may save a life.**

**I'm worried about  
someone, but I don't know  
what to say. I don't want  
to say the wrong thing.**

**It's okay not to know what to say.**

**Take a look at the Zero Suicide  
Alliance Training for free, online  
guidance on how to support  
someone with suicidal thoughts.**

# Did you know?

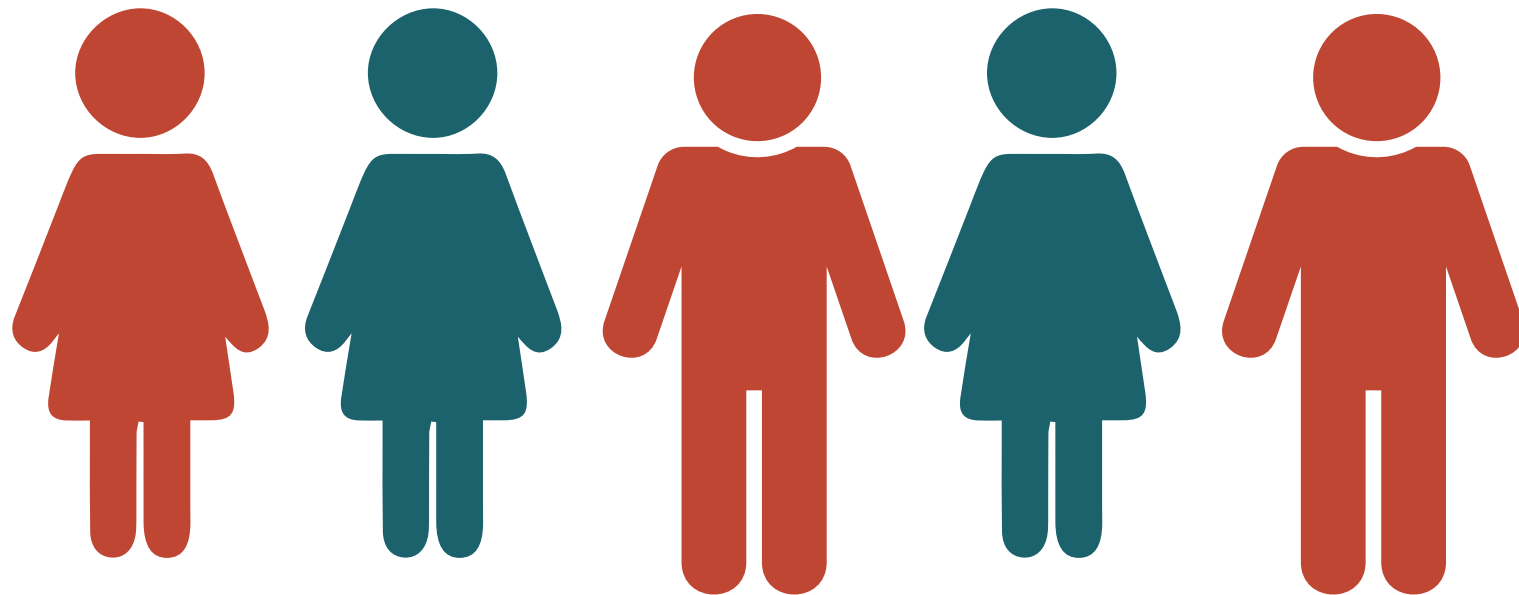


**1 in 5**

**of us will have thoughts of suicide in our lifetime.**



# Did you know?



**Each suicide affects  
up to 135 people**

**That's around 11,000 people every  
year in Lincolnshire**

# Did you know?

**90  
minutes**

**Across the UK,  
one person dies  
by suicide every  
90 minutes**

Source: Data published by Samaritans

