

~~Talking about suicide  
increases the chances a  
person will act on their  
thoughts.~~

Speaking openly  
decreases the likelihood  
of the person acting on  
their thoughts.



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**for Suicide Prevention Training**

[www.healthysomerset.co.uk/  
somerset-mental-health-training-offer](http://www.healthysomerset.co.uk/somerset-mental-health-training-offer)

**#starttheconversation**

**#togetherwecanmakeadifference**



If you are worried about yourself or somebody you know, call  
Mindline Somerset's 24/7 mental health helpline: 0800 138 1692

~~You can't ask  
someone if  
they're suicidal.~~

Asking someone if they're suicidal  
could **protect them.**

It can give them permission to tell  
you how they feel and lets them  
know they **are not a burden.**



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**our**  
**SOMERSET**  
Together we care

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~~Suicide can't be prevented.~~

**Suicide is preventable**  
but can be unpredictable.  
It is complex and it's rare  
one single cause can  
be identified.



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~~Talking about suicide  
is a bad idea as it may  
give someone the  
idea to try it.~~

Asking someone  
**directly** about suicide,  
gives them permission to  
share how they feel.



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**1 in 5 people will  
have thoughts about  
suicide at some point  
in their lives.**

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



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