

A close-up, black and white photograph of a woman's face, showing her eyes, nose, and mouth. The image is slightly out of focus, with her hair partially covering her face.

It's OK to ask

1 in 17 people will have thoughts of suicide every year. Trust your gut instincts. If you are at all concerned someone is having thoughts of suicide ASK. And ASK directly.

"Are you thinking about suicide?"

It won't put ideas in someone's head and being there to listen could be a lifesaver.



**Every
life
matters** ...

Learn about the signs that someone may be having thoughts of suicide at
www.every-life-matters.org.uk

Suicide Safer Cumbria