

Suicide Awareness

Suicide might seem like an option when you aren't feeling okay, but it is not the **only** one...



1 in 5 people have suicidal thoughts¹



1 in 15 people attempt suicide¹

There are lives behind these statistics,
but many go on to survive too.



If you are struggling, support is available:

999

In an emergency
call 999

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

www.calmzone.net
0800 58 58 58

Suicide&co

www.suicideandco.org
0800 054 8400

SAMARITANS

www.samaritans.org
0330 094 5717