

SUICIDE PREVENTION ADVICE

WAIT!

W **Watch out** for signs of distress and changes in behaviour

A **Ask** "are you having suicidal thoughts?"

I **It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time

T **Talk to others** – encourage your loved one to seek help from a GP or health professional

Call Samaritans
116 123



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