

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

**Together
we can
prevent
suicide**

Suicide

**1 in 5 people have had suicidal
thoughts at some time in their life**

**Talk to the Crisis Line any time of day or night
0808 196 3779
www.nottinghamshire.gov.uk/suicide**



The Crisis Line above is run by Notts Healthcare Trust. Further services and support are available through the website.