

www.stampoutsuicide.org.uk

Positive Steps Forward in Suicide Prevention

YOU can help!

Whatever you do, **DO SOMETHING** to help...

Stamp Out Suicide!

Feeling down, depressed or suicidal?

Worried about a friend or family member?

Do you want to help prevent suicide?

Have you been bereaved by suicide?

Visit the Website

www.stampoutsuicide.org.uk