

**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




Suicide
It's ok to
talk about it

 **Nottinghamshire
County Council**

 **Nottingham
City Council**

 **Nottingham and
Nottinghamshire**

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