

**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 on 0808 196 3779 or text the word 'NOTTS' to 85258 to access free, confidential text messaging support, available 24/7

www.nottinghamshire.gov.uk/suicide

