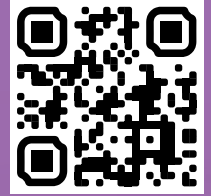


LET'S KEEP TALKING TO PREVENT MALE SUICIDE



Scan the QR code for a list
of services in your area

CLARKE CARLISLE

Ex-Footballer and Mental Health Ambassador

**Let's talk about suicide.
You could make the difference,
find out if your mate really is ok.**

If you're struggling to cope then
call **Samaritans on 116 123**



or talk with an **Orange Button Wearer**,
they've had the training to help you.



Lancashire and
South Cumbria
Health and Care Partnership

#SuicidePrevention
Healthierlsc.co.uk/MaleSuicide