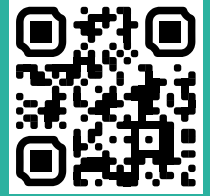


LET'S KEEP TALKING TO PREVENT MALE SUICIDE



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

DANNY SCULTHORPE

Mental Health Ambassador and Former Rugby League Player

Let's talk about suicide.

Don't let people suffer, when there's help for them.

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