



**EVERY TWO HOURS IN THE UK,  
SOMEONE WILL TAKE THEIR OWN LIFE.**

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**SUICIDE IS THE BIGGEST KILLER OF  
MEN UNDER 50 IN THE UK.**

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**OUR FREE SUICIDE PREVENTION  
WEBSITE OFFERS HELP AND ADVICE FOR  
ANYONE IN CRISIS OR WORRIED ABOUT  
SOMEONE WHO MIGHT BE.**



SEE THE PROBLEM



SAY THE WORDS

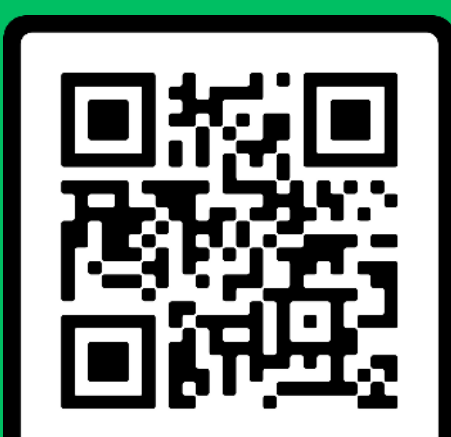


SIGNPOST TO SUPPORT

**TAKE OUR FREE 20 MINUTE SUICIDE PREVENTION  
TRAINING. SAVE A LIFE.**

**TAKE THE TRAINING**

**[www.letstalkaboutsucide.co.uk](http://www.letstalkaboutsucide.co.uk)**



SCAN ME



Mid and South Essex  
Integrated Care  
System

 **Mind**  
Thurrock  
and Brentwood