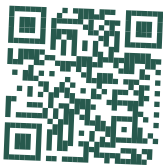


The rate of suicide is  
**three times**  
higher in **males**  
than females.

Check in with the  
men in your life.

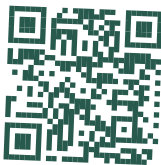
[startaconversation.co.uk](http://startaconversation.co.uk)



**It's not always  
obvious someone  
is feeling suicidal.**

**Check in  
regularly with  
those around you.**

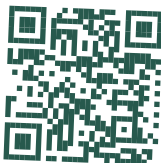
**[startaconversation.co.uk](https://startaconversation.co.uk)**



**Identifying the signs  
of poor mental health.**

**Look for changes in  
behaviour,  
such as withdrawing  
from social situations.**

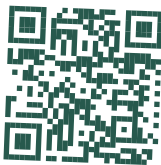
**[startaconversation.co.uk](http://startaconversation.co.uk)**



**Identifying the signs  
of poor mental health.**

**Look for changes  
in mood,  
maybe seeming  
sad or low.**

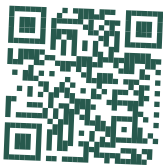
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Identifying the  
signs of suicide.

**Look for increased  
talking about  
feeling hopeless  
or trapped.**



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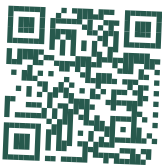


Conversation starters...

“

**Hey, I've noticed  
you haven't seemed  
yourself lately.**

**How are you? ”**

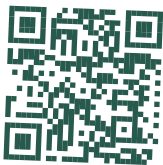


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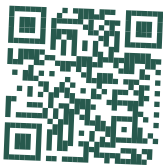
Conversation starters...

“ Have you  
been thinking  
about suicide? ”

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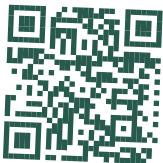
**It's ok to  
not feel ok.  
You are not alone.  
Be brave and  
tell someone.**



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**START A  
CONVERSATION**



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