

Start a Conversation

Worried about your friend but not sure how to help?

Start a Conversation is the mental health and suicide prevention campaign for Leicester, Leicestershire & Rutland. The campaign has a range of materials to help **raise awareness**, as well as a website which provides **information, advice and more**.

To find out more about the campaign, **scan here**



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1 in 4 of us will experience a mental health problem in any given year. If that's not you, it's someone in your family, friendship circle or workplace. Make sure you're aware of the signs and how to look out for yourself and others.

Things to look out for:

- Feeling restless or agitated
- Not wanting to talk to or be with people
- Not doing activities they usually enjoy
- Talking about finding it hard to cope
- Feeling tearful
- Being tired or lacking energy

“ It's time to Start a Conversation! ”

For more support, visit:

**[startaconversation.co.uk/
about-mental-health](http://startaconversation.co.uk/about-mental-health)**

**START A
CONVERSATION**

about
MENTAL HEALTH