



Are you worried about someone?

Having a conversation can make a big difference.

Start a Conversation is the mental health and suicide prevention campaign across Leicester, Leicestershire, and Rutland.

On the website you can find:

Information

To support each other we need to have a better understanding of mental health and suicide. Start a Conversation points you to a range of trusted sources of information to learn more.

Advice

If you're feeling low, or are worried about someone else, Start a Conversation can give you some advice to help.

Services

It shows real courage to seek help when you, or someone you know, needs it. Start a Conversation provides signposting to a range of local and national services.

Training

It's important we feel confident in our ability to support others. Start a Conversation provides training opportunities that will help you to feel more comfortable.

Resources

We need to break down the stigma attached to mental health and suicide. Find resources on Start a Conversation that will help you do this.

START A CONVERSATION



For more information about the campaign, visit:
startaconversation.co.uk