

# Worried someone you know may be thinking about suicide?

Don't know 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**



**START A CONVERSATION**

**SUICIDE**  
*is preventable*

It's **not always obvious** someone is feeling suicidal, people can be good at **putting on a brave face**. If you recognise warning signs in someone you know, then it's time to **#StartAConversation**.

## Things to look out for:

- Not wanting to talk to or be with people
- Feeling extremely sad, hopeless or restless
- Talking about being a burden to others
- Unexpectedly getting their affairs in order
- A loss of interest in what they would normally enjoy doing
- Suddenly appearing calm or very upbeat after a period of sadness

“ It's time to ”  
**Start a Conversation!**

**START A  
CONVERSATION**

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For more support, visit:

**[startaconversation.co.uk/](http://startaconversation.co.uk/)**  
**suicide-is-preventable**