

Wednesday, 01 April 2026

[Health and Social Wellbeing Improvement](#)



This leaflet contains information on what you can say and do to help someone who may be thinking of suicide.

It highlights the warning signs, explains the feelings a suicidal person can have and provides a step-by-step guide to having a conversation and helping someone you're worried about.

It also lists a number of support services for people having suicidal thoughts.

## **Details**

Format

1/3 A4, 10 pages

Target group

General public

# Downloads

Attachment	Size
<a href="#">Concerned about suicide.pdf</a>	652.52 KB

## Tags

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