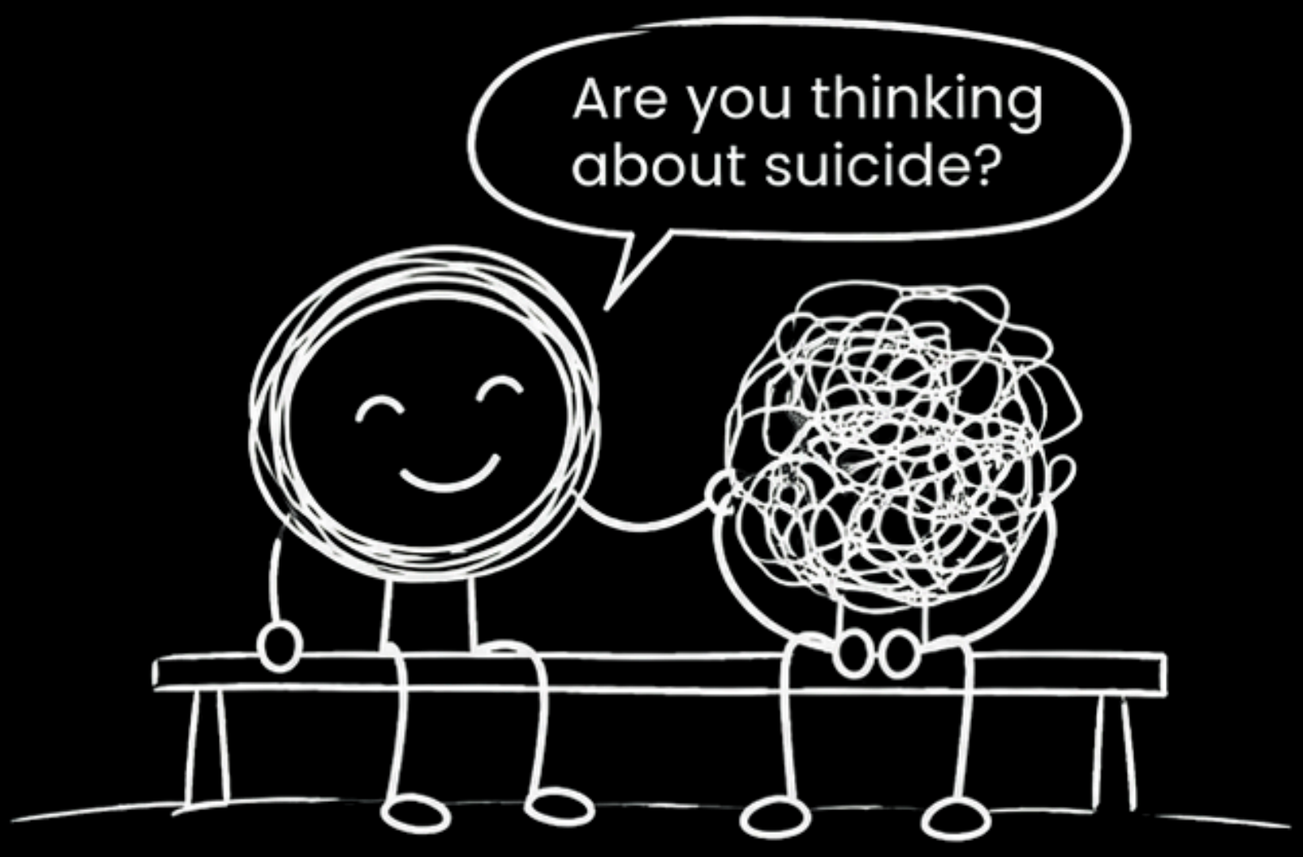
Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

ASK DIRECTLY.



Asking does not put the idea in their head.
You might be the only person who asks.

NOTICE • ASK • LISTEN • STAY IN CONTACT

NO STUDY

has found that asking someone about suicide increases suicidal thinking.

Source: Dazzi et al., Psychological Medicine, 2014

Support, before breaking point.
Samaritans - call 116 123
Bluelight - text BLUELIGHT to 85258
Emergency - call 999
silencebetweensirens.com

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