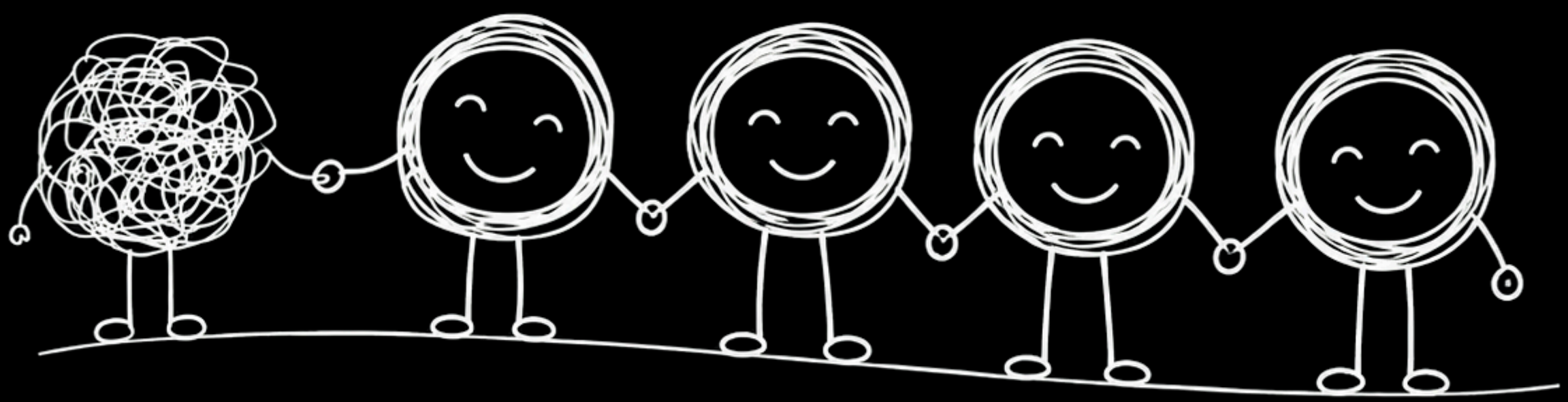
Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

SUPPORT IS A SEQUENCE, NOT A PHONE NUMBER.



A colleague who notices.
A supervisor who knows what to do.
A service that makes it safe to speak.
Every one of us is part of it.

46% said someone would be treated differently if they disclosed a mental health problem.

Source: Mind, 2016

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

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