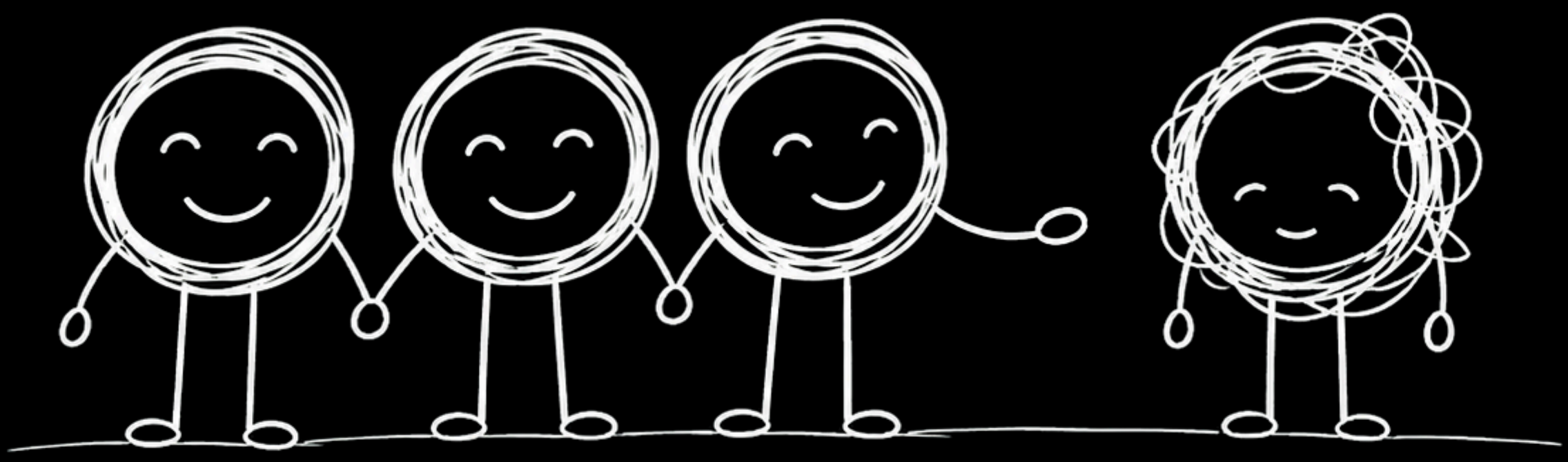
Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

“THEY SEEMED FINE.”



People do not go from fine to crisis overnight.
The signs are often small: going quiet, pulling back
from the team, changes in sleep, mood, drinking or routine.

THE PEOPLE MOST LIKELY TO NOTICE ARE THE PEOPLE ALONGSIDE YOU.

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

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