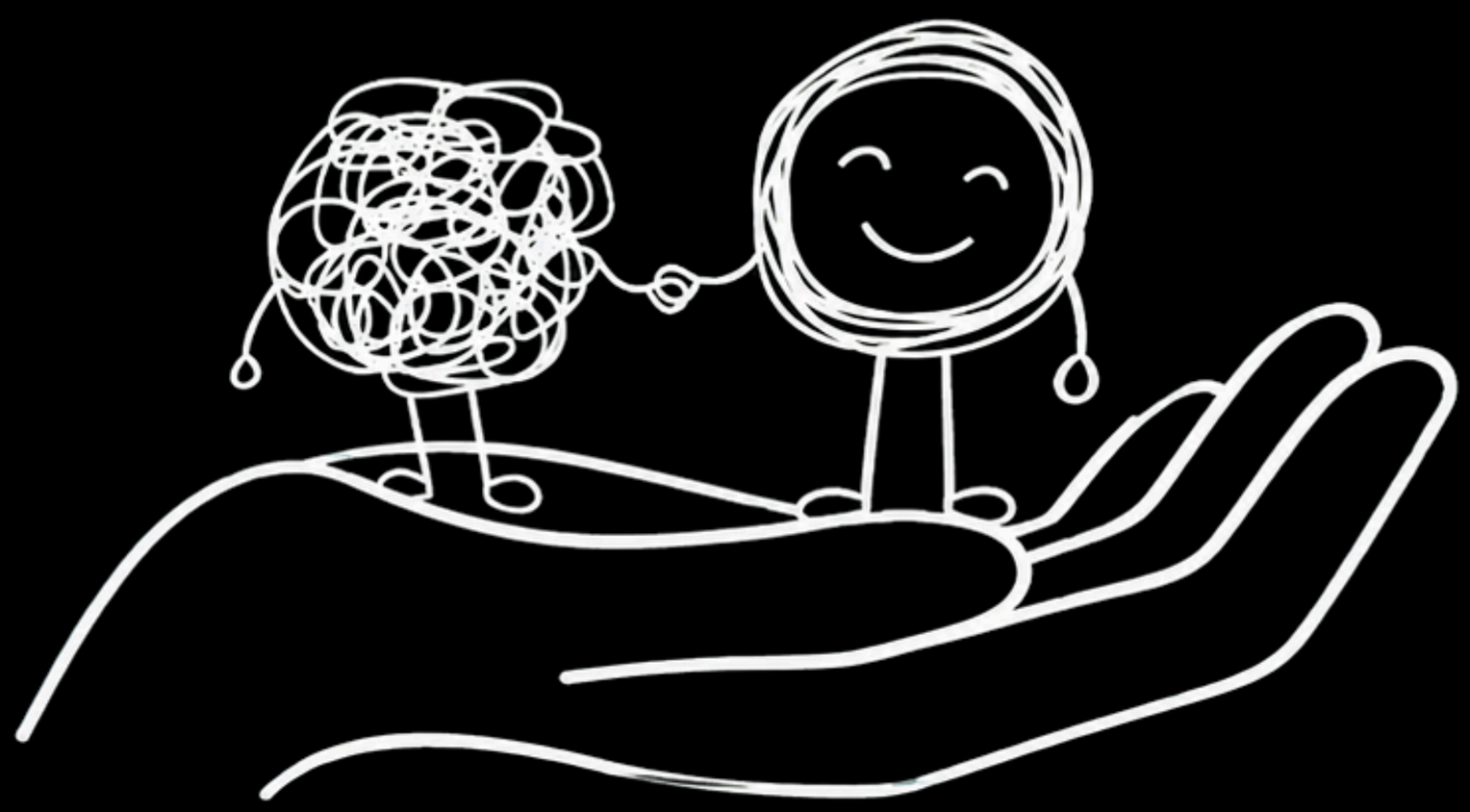
Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

YOU DO NOT HAVE TO BE AT BREAKING POINT TO REACH OUT.



You are not the only one.
You do not have to carry it alone.

27% of emergency services staff and volunteers have contemplated suicide.

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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