





Suicide Prevention

Together we can make a difference

Suicide prevention is everybody's business and we all have a role to play.

Through our jobs, in our communities and with our friends and families we can all help. Learn how through the following resources:

	<p>Ask, Tell – Save a Life: Every Life Matters video</p> <p>The Ask, Tell – Save a Life: Every Life Matters video helps you understand the signs when someone might be thinking about suicide, and how to get help and support.</p>
 <p>CRISIS SUPPORT 📞 Emergencies 999 Samaritans 116 123 Breathing Space 0800 83 85 87 NHS 24 111</p>	<p>Tayside Suicide Help website</p> <p>Suicide? Help! website Information:</p> <ul style="list-style-type: none"> • about local supports • on how to get help • on creating a safety plan to guide you or others through difficult times.
	<p>Online training</p> <p>There's training available on how to support adults or children experiencing mental ill health, at risk of self-harm or suicide.</p> <p>Register with TURAS before accessing the training.</p>
	<p>FC United to Prevent Suicide</p> <p>FC United is a new national campaign to reach more people through compelling football-related stories on their Twitter channel.</p> <p>Watch their short film focusing on the difficulty of saying the word "suicide".</p>