



Identifying the signs of suicide...

Look for changes in **BEHAVIOUR**, such as isolating those around them, **MOOD**, maybe a loss of interest in what they would normally enjoy doing, or **TALKING ABOUT** feeling hopeless or trapped

#StartAConversation



**START A
CONVERSATION**

SUICIDE
is preventable

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The rate of suicide is
three times higher
in **males** than females

#StartAConversation
if you are worried about a
friend or colleague. Together
suicide is preventable.

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