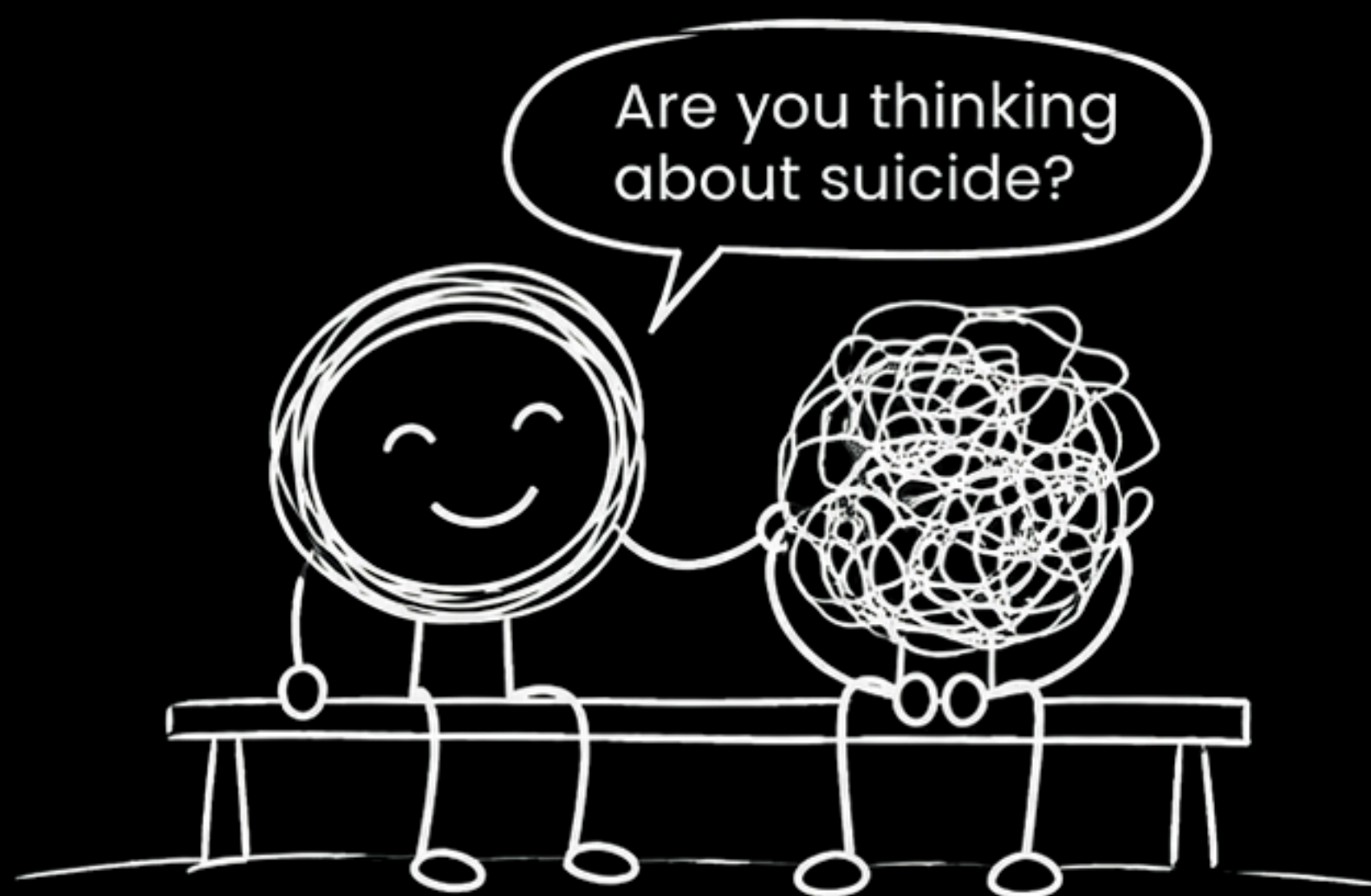


Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

ASK DIRECTLY.



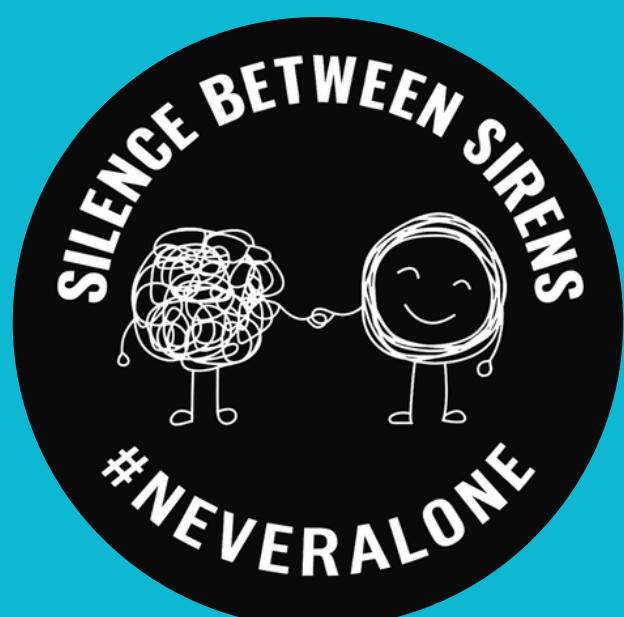
Asking does not put the idea in their head.
You might be the only person who asks.

NOTICE • ASK • LISTEN • STAY IN CONTACT

NO STUDY

has found that asking someone about
suicide increases suicidal thinking.

Source: Dazzi et al., Psychological Medicine, 2014



Support, before breaking point.

Samaritans 116 123

Text BLUELIGHT to 85258

999 in an emergency

silencebetweensirens.com

Scan to find us

