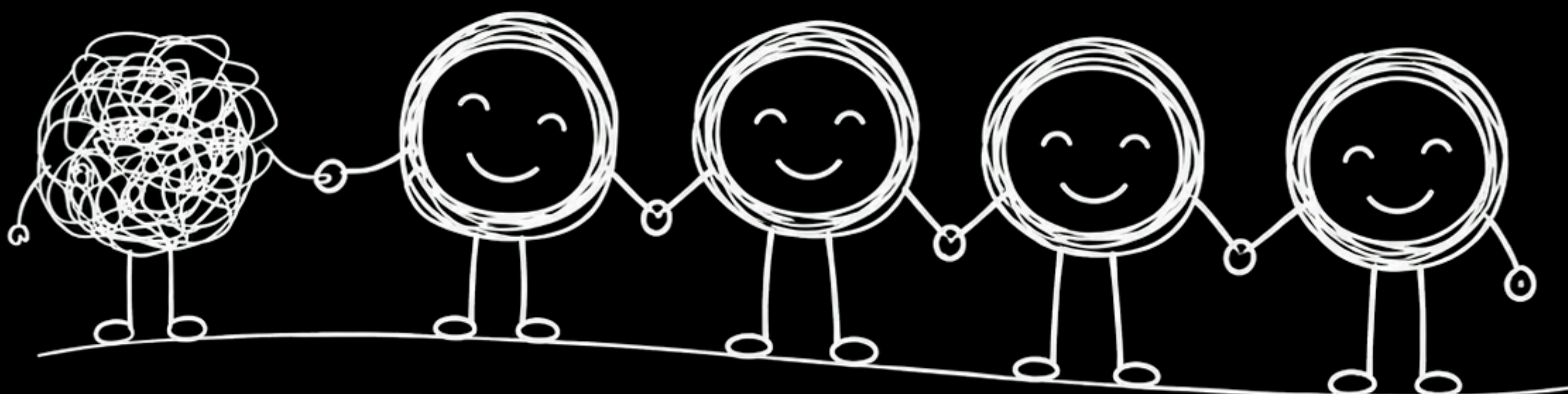


Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

SUPPORT IS A **SEQUENCE**, NOT A PHONE NUMBER.



A colleague who notices.

A supervisor who knows what to do.

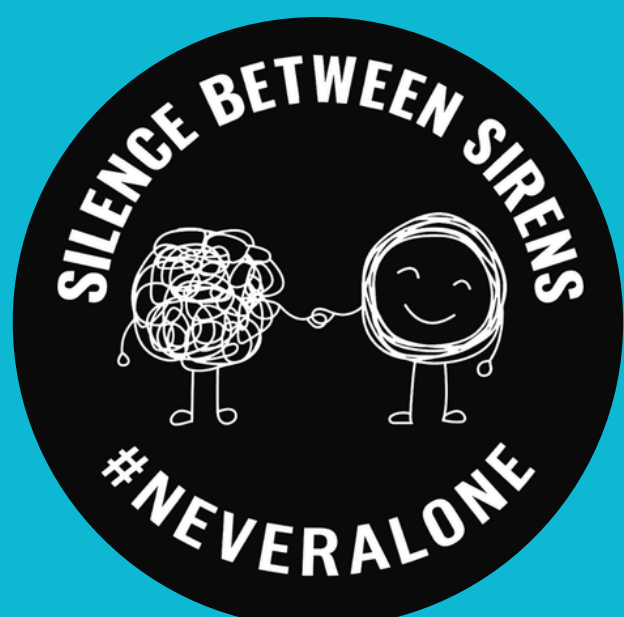
A service that makes it safe to speak.

Every one of us is part of it.

46%

said someone would be treated differently
if they disclosed a mental health problem.

Source: Mind, 2016



Support, before breaking point.

Samaritans 116 123

Text BLUELIGHT to 85258

999 in an emergency

silencebetweensirens.com

Scan to find us

