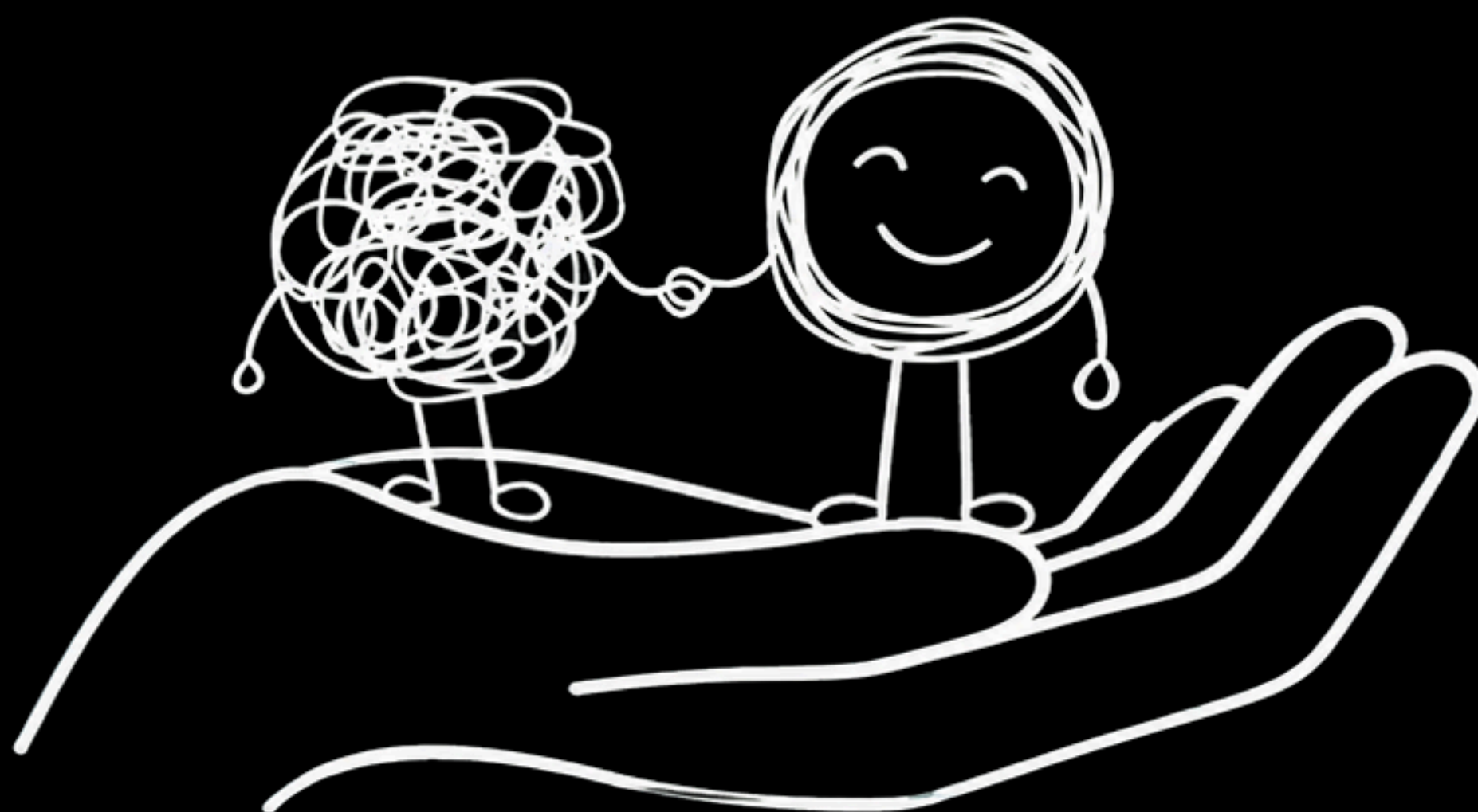


Silence
Between Sirens

FOR EVERY BLUE LIGHT AND FRONTLINE WORKER.

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

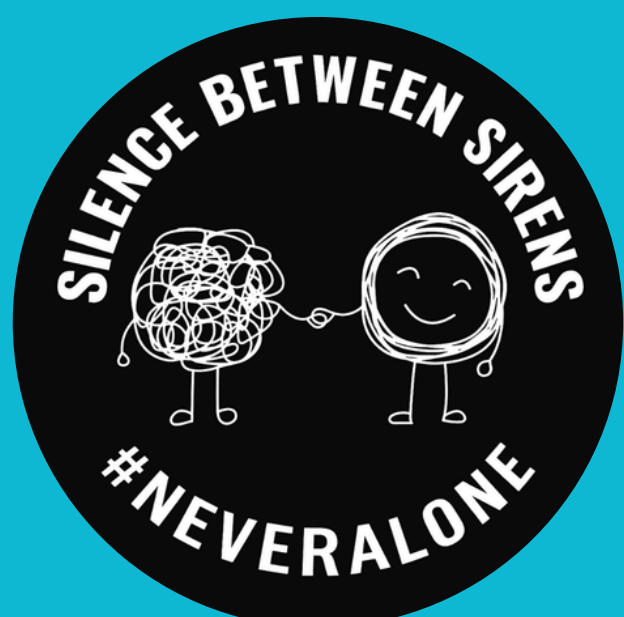


You are not the only one.
You do not have to carry it alone.

27%

of emergency services staff and volunteers
have contemplated suicide.

Source: Mind, 2016



Support, before breaking point.

Samaritans 116 123

Text BLUELIGHT to 85258

999 in an emergency

silencebetweensirens.com

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