



World Suicide Prevention Day 2024

#WSPD2024 #WSPD24 #StartTheConversation

#WorldSuicidePreventionDay

www.startaconversation.co.uk

Through our #StartAConversation campaign we would like residents and communities across Leicester, Leicestershire, and Rutland to be more aware of the warning signs of suicidal behaviour and to have an open and honest approach to conversations about mental health and suicide. In this way we can work together to prevent suicide and support the mental wellbeing of our local communities. Starting a conversation could save a life.


Social media posts examples:

Message


Today marks World Suicide Prevention Day 2024.

We all have mental health and as we go through life it can change depending on what's happening around us.

Starting a conversation with someone can be the first step in connecting and potentially saving a life.

Visit our Start a Conversation website for advice on having a chat about mental health or suicide 
www.startaconversation.co.uk/sac-resources

Today is #WorldSuicidePreventionDay2024


Starting a conversation with someone may be the first step in getting the support you need. Remember that you are never alone 

Support is out there for you if you need it – for guidance for you or a loved one visit:
www.startaconversation.co.uk/find-help

Having thoughts of suicide can be scary, confusing and overwhelming, but remember you are not alone.

Reaching out for help is brave, you can do it.

Visit for more advice on finding help 
www.startaconversation.co.uk/find-help #WSPD2024

Finding the right words to talk about suicide and mental health can be tricky, this is why we have created our own free online training to help ease that worry and give you the right tools to have those difficult conversations 

Starting a conversation could save a life.
Visit: www.startaconversation.co.uk/sac-training

It's not always obvious if someone is struggling with their mental health or feeling suicidal.

Here are just a few things you could look out for:

- 👉 Feeling extremely sad, hopeless or restless
- 👉 Talking about being a burden to others
- 👉 Unexpectedly getting their affairs in order
- 👉 A loss of interest in what they would normally enjoy doing
- 👉 Suddenly appearing calm or very upbeat after a period of sadness

Support is out there for you or someone you know if you need it: www.startaconversation.co.uk/find-help

Every chat, no matter how small, could help someone get the support they need 🧡

Start a conversation about suicide today. #StartAConversation

For specialised guidance and training on how to have confident conversations about suicide, visit www.startaconversation.co.uk/sac-training ↓

Most of us understand the benefits of looking after our physical health, however it can be easier to forget about mental health.

Setting time aside to look after our mental health is important now and for the future. Why not take the time today to do something that brings you joy or calms your mind? 🧡

For info on how to build your mental resilience this #WorldSuicidePreventionDay visit www.startaconversation.co.uk/mental-health-resilience

Want to do your bit to support suicide prevention? Become part of our campaign by signing up to be a Start a Conversation champion!

With our training and support, Start a Conversation Champions will use their voice and networks to promote positive conversations about mental health and suicide 🗣️

To get involved, visit: www.startaconversation.co.uk/become-a-champion

Official campaign graphics can be found [here](#).

