

Could you tell if your colleague was feeling suicidal?



World Suicide Prevention Day

September 10th

www.samaritans.org



NWCWU

www.CWUNorthWest.org

www.CWU.org

Details of our CWU NW Mental Health Support Network can be accessed by scanning on this QR code below



Details of our CWU NW Signposting Support Booklet can be accessed by scanning on this QR Code below



- Anyone can call Samaritans **24/7** on the Freephone number **116 123** or email them (jo@samaritans.org)
- It's now acknowledged that to help reduce suicide, Samaritans need people **reach out** to them earlier by accessing their service or calling into any branch. There are **201** branches across the UK and Ireland in most major towns and cities.

Are you interested in becoming part of our CWU NW Mental Health Network? Contact us via the QR codes above or consider learning more about suicide prevention by completing the ZSA training via the QR code below.

