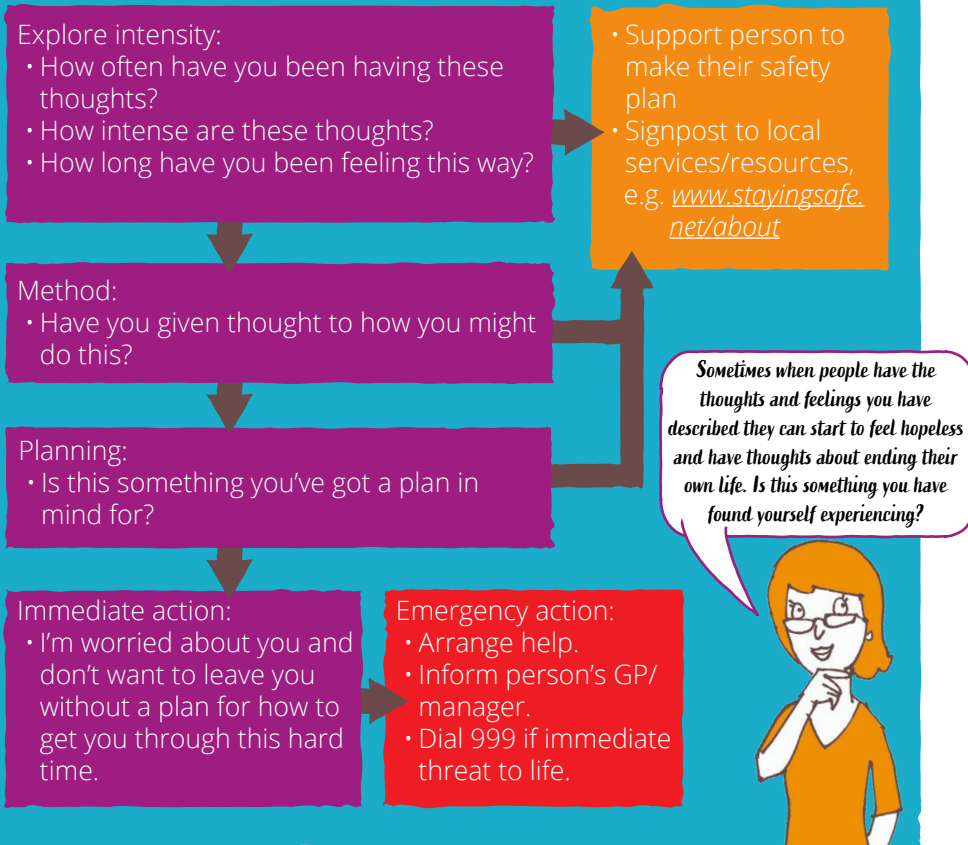


Connect CONVERSATIONS AROUND SUICIDE

If you suspect your friend or colleague may be having thoughts of harming themselves, this flowchart will be helpful:



MORE INFORMATION

Here are some resources and recommended websites

- **HEH Mind**
easthantsmind.org
- **Samaritans** samaritans.org
t: 116123
- **Mind** mind.org.uk
- **ChildLine** childline.org.uk
t: 0800 1111
- **Citizens Advice**
citizensadvicehavant.org
- **Action for happiness**
actionforhappiness.org
- **Mental health self-help guides**
mentalhealth.org.uk/publications
- **iTalk** italk.org.uk
- **Hub of Hope**
hubofhope.co.uk


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www.easthantsmind.org