

Sometimes we say we're OK when we're not.

If you're worried about a mate, ask twice.

"Are you really OK?"

TBH I feel like sh*t...

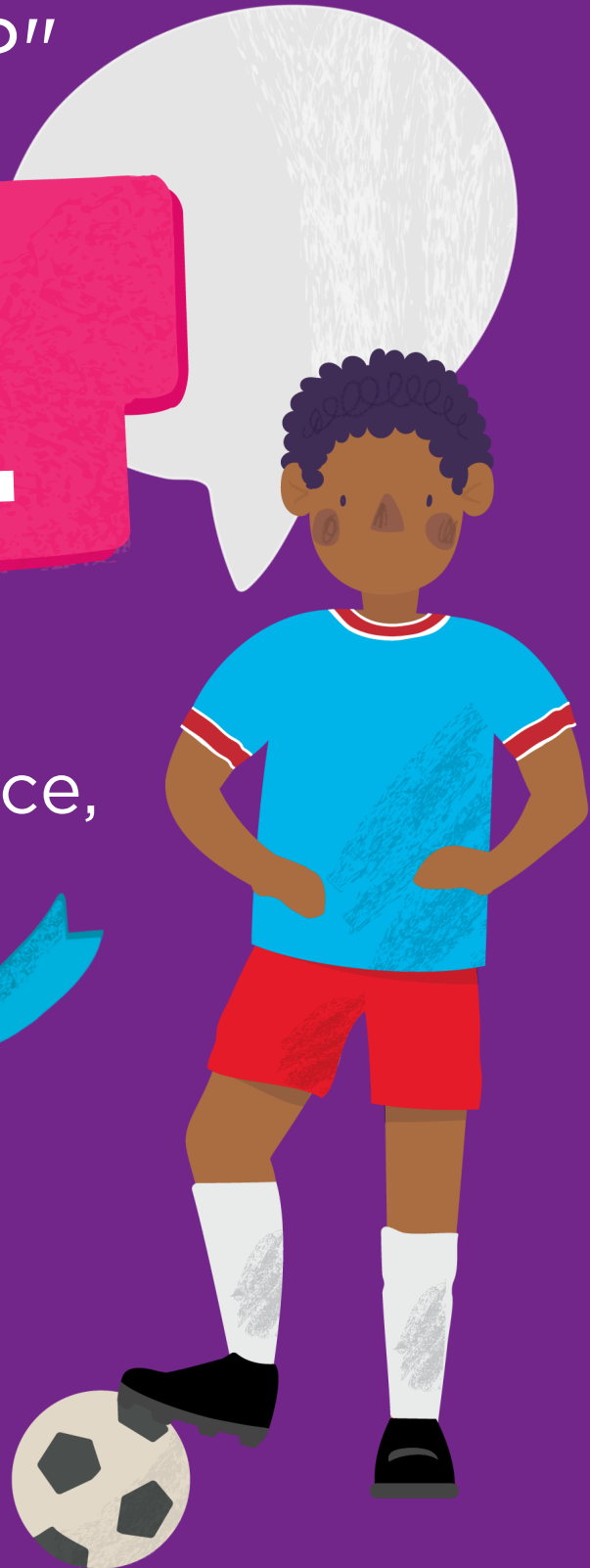
A little conversation can make a big difference, and even save a life.

Scan here for tips on how to start



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It's easy talking about the game

But it can be hard talking about our mental health.

Are you ok?

Ask your mate how they are, and ask twice.



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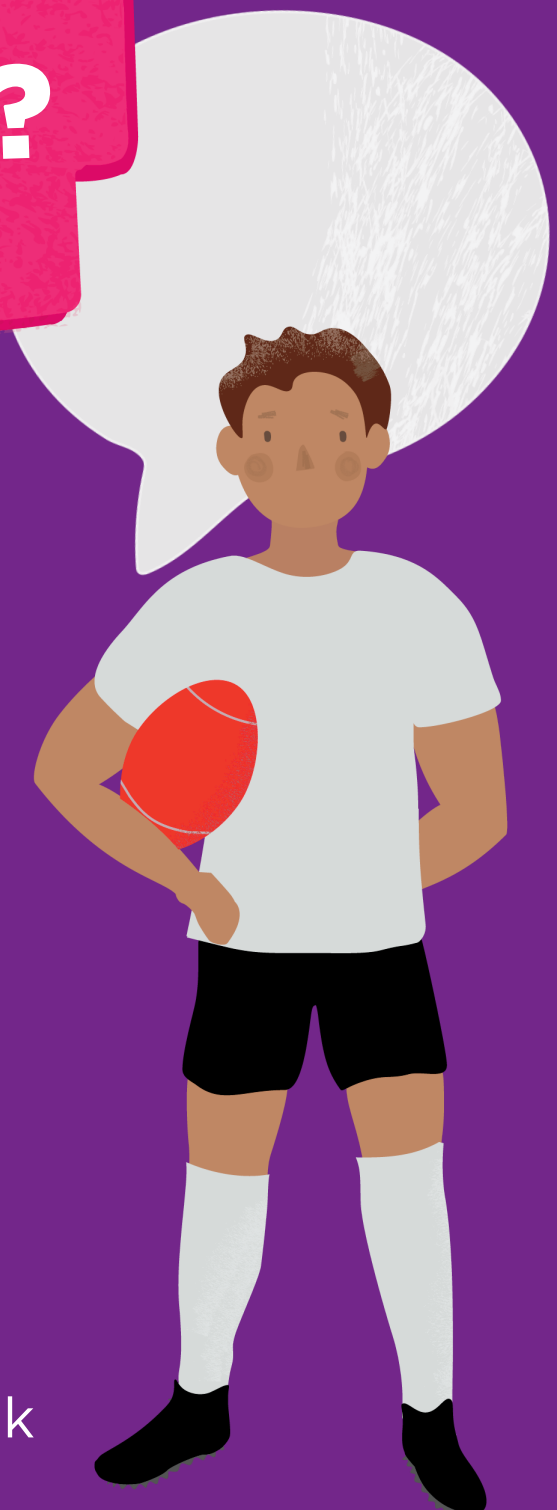
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Free Training in Cumbria

Learn life saving skills

- Suicide Alertness
- Suicide Awareness
- Safety Planning
- Self Harm Alertness



- i Getting informed
- ! Being Aware
- ? Asking Directly
- 🗣️ Listening Carefully
- 🛡️ Building Support



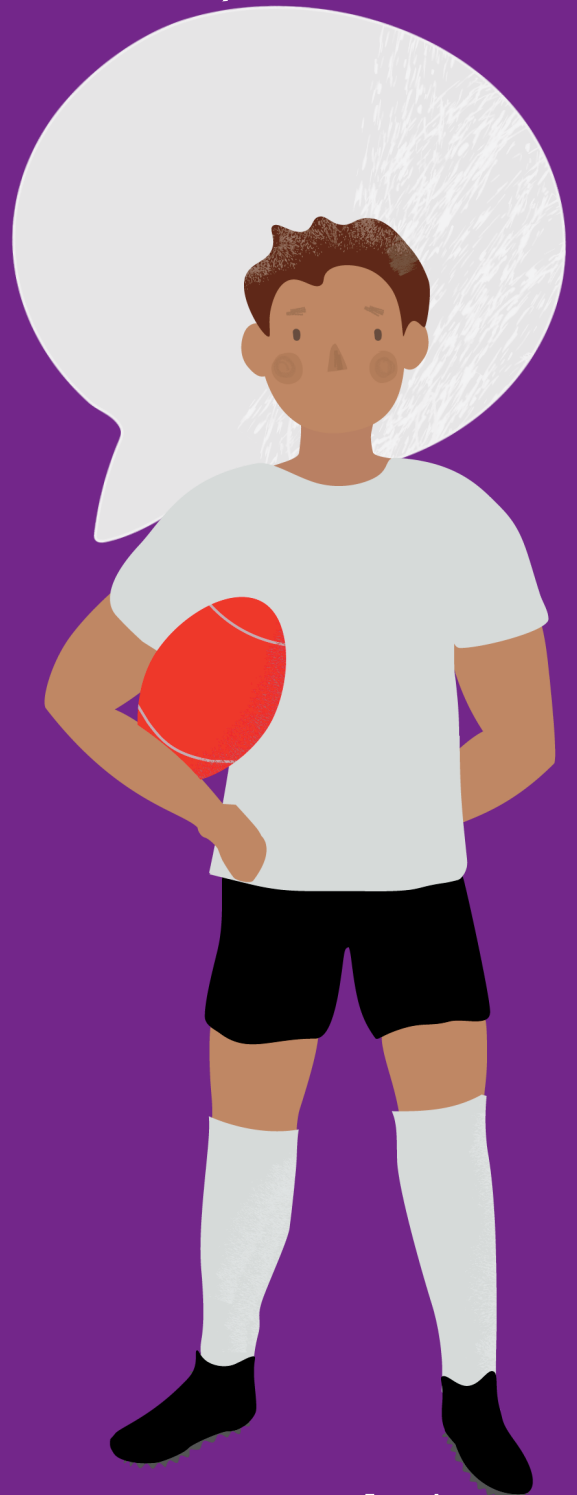
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World Suicide Prevention Day

Join us to light a candle
**to remember a loved one lost to suicide
and for those who live with thoughts of suicide**



8pm Sunday 10th September 2023

Outside Barrow Town Hall
Carlisle Cathedral
The Bird Cage Kendal
Maryport Memorial Gardens
Bandstand Cornmarket Penrith
St Nicholas Church Whitehaven



More details

Every life matters



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Free Half Day Training

Suicide Alertness

Learn life saving skills

-  Getting informed
-  Being Aware
-  Asking Directly
-  Listening Carefully
-  Building Support

The Orange Button Community Scheme is a way of identifying people that have undertaken suicide prevention training and have the confidence to talk to others about suicide.



Booking via **Eventbrite**
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