

**It's ok  
to talk  
about it**

**Together  
we can  
prevent  
suicide**

# Suicide

**1 in 5 people have had suicidal  
thoughts at some time in their life**

**Talk to the Crisis Line any time of day or night  
0808 196 3779  
[www.nottinghamshire.gov.uk/suicide](http://www.nottinghamshire.gov.uk/suicide)**



The Crisis Line above is run by Notts Healthcare Trust. Further services and support are available through the website.