

# Talking Suicide Prevention.

If you're worried about someone's mental health and wellbeing there are things you can do to help:

- Listen carefully and without judgement and try not to offer opinions or advice
- Do not be afraid to ask 'are you having suicidal thoughts?'
- If they are in crisis then call 999 or encourage them to visit A and E
- The Derbyshire Mental Health Helpline 0800 028 0077 offers 24/7 support and advice

Scan the QR code for more advice around suicide prevention.

Alternatively visit:  
[www.derbyshire.gov.uk/suicideprevention](http://www.derbyshire.gov.uk/suicideprevention)

