

What if... a conversation about **suicide** could save a life?

Suicide is a topic that makes many of us nervous; it can feel like the hardest thing in the world.

What if I say the wrong thing? Could I make the situation worse? Maybe I'm worrying over nothing and would look foolish to bring it up?

But here's something lots of people don't realise.

Talking about suicide is the best way to prevent it from happening.



Learn more at:
SuicidePrevention.scot

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What if... a conversation about **suicide** could save a life?

Ross made a plan
to die by **suicide**.

His friends listening,
without judgement,
is a big reason he is
alive today.

Watch Ross' story at:

SuicidePrevention.scot



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What if... a conversation about **suicide** could save a life?

Seonaid lost her son Dylan to **suicide** and wishes anyone asked him if he wanted to end his life.

Watch Seonaid's story at:

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