

# END THE SILENCE ON SUICIDE



The Laura Hyde Foundation want to end the silence on suicide. Here are three ways we can do this:



## SUPPORT

**Show your awareness and empathy.**  
Be open and well-informed on the topic of mental health and suicide, highlighting you are approachable, understanding, and always available.



## SPEAK

**Start the conversation.** Ask someone how they are feeling and actively listen, without judgement to make them feel reassured and comfortable. Let them know you are ready to talk whenever they need.



## SHARE

**Signpost available resources.** Offer practical guidance for where to seek specialised support. Remind them that help is freely available and there are plenty of options for everyone.

If you'd like to find out more please visit:  
[laurahydefoundation.org](http://laurahydefoundation.org)  
[#caringforthosewhocareaboutus](https://twitter.com/caringforthosewhocareaboutus)  
Registered charity number 1190944

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To donate £10 text LHF to 70660