SEPTEMBER 10TH 2016
WORLD SUICIDE PREVENTION DAY

ASK FOR HELP OR HELP OTHERS—YOU CAN MAKE A DIFFERENCE!!!!

1. **BE AWARE** - of risk
2. **ASK THE QUESTION** — have you thought about suicide?
3. **LISTEN** LISTEN LISTEN
4. **SUPPORT**
5. **HELP or GET HELP** (if someone has a plan and the means to carry it out contact Police or your local hospital crisis team)

**Suicide Prevention Helpline 0508 828 865**

[www.suicidepreventionservices.co.nz](http://www.suicidepreventionservices.co.nz)