

TALK TO US

We pledge that we will:

- **encourage colleagues to be open and honest when life gets difficult**
- **talk sensitively to colleagues if we are worried about them**
- **help them get support if they need it**
- **encourage colleagues to sign up to the individual Tell Me suicide prevention pledge**



www.bit.ly/TellMepledge



SUICIDESAFER
BRIGHTON & HOVE

