

A little small talk like...

**"Hi, where  
can I get a  
coffee?"**

**can be all it takes to  
start someone on a  
journey to recovery.**

**If you think someone needs help,  
trust your instincts and start a  
conversation. You could save a life.**

If you don't feel confident speaking to the person yourself, find a member of staff or police officer. In an emergency, call 999.

Join thousands of people looking out for one another. Find out more at [samaritans.org/smalltalksaveslives](https://www.samaritans.org/smalltalksaveslives)

**#SmallTalkSavesLives**



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