

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://samaritans.org/smalltalksaveslives)

**#SmallTalkSavesLives**

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