

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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