

I knew something was  
wrong. I wasn't sure what  
to say, so I asked

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

**And that's all it took**

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

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

Find out more at  
**[samaritans.org/smalltalksaveslives](https://www.samaritans.org/smalltalksaveslives)**

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I could tell something was wrong. I wanted to check they were okay, so I said

**"Hello,  
what's  
the time  
please?"**

**And that's all it took**

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