Talking Saves Lives digital toolkit



Sheffield City Council has worked with mental health charity [Sheffield Flourish](https://sheffieldflourish.co.uk/) to create a suicide prevention campaign – Talking Saves Lives.

The campaign aims to:

* encourage people to reach out, talk, and seek help if they are struggling with their mental health and/or considering suicide
* inform those struggling with their mental health and/or at risk of suicide that help is available and signpost people to relevant resources
* help people understand and recognise the signs of symptoms of depression/stress before it gets to suicidal thoughts
* educate friends, family, and co-workers on the signs that someone is struggling with their mental health and/or feeling suicidal and empower them to help
* reduce the stigma attached to mental health struggles and suicide by using clear language

You can find more information at [www.sheffieldsuicidesupport.co.uk](http://www.sheffieldsuicidesupport.co.uk)

**What we’d like from you**

We’d like your help to raise awareness of the campaign, so it reaches as many Sheffield people as possible.

We have created a digital toolkit for you, which includes:

* A4 posters
* A3 posters
* Branded images for use online, on social media, and in print
* Suggested social media posts

**Printed materials**

If you would like printed versions of the posters, we are happy to provide them.

We can also provide these info cards (credit card sized):



**Related resources**

[www.sheffieldsuicidesupport.co.uk](http://www.sheffieldsuicidesupport.co.uk)

[www.sheffieldmentalhealth.co.uk](http://www.sheffieldmentalhealth.co.uk)

[www.samaritans.org](http://www.samaritans.org)

<https://giveusashout.org/>

[South Yorkshire - Amparo](https://amparo.org.uk/our-locations/south-yorkshire/)

**Thank you for your support**

If you have any questions, or would like to order some printed materials, please contact Stephanie Swales on stephanie.swales@sheffield.gov.uk or 0114 205 6941.