

Training Information Advice

Working to reduce suicide and self-harm

chooselife

**in Argyll
and Bute**

Challenging stigma

Changing attitudes

The Argyll & Bute Choose Life Initiative: 01436 658824

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website: www.chooselifeinargyllandbute.org.uk

- In Scotland more than 2 people a day die from suicide
- 74% of all suicides in 2004 in Argyll & Bute were men
- Every suicide is unique, but if detected early many suicides can be prevented

If you are worried about someone:

- Ask them - it could help to save their life
- Take them seriously
- Be willing to listen
- Support them to get help

There are people you can talk to about suicide and self-harm - you don't have to be alone. The Samaritans (24 hours): 0845 790 9090 ■ Breathing Space (6pm-2am): 0800 838587 ■ Young Minds (mental health advice and support 9.30am-5.30pm): 020 7336 8445 ■ Saneline (noon-2am): 0845 767 8000 ■ Childline (24 hours): 0800 1111