



The impact of suicide can affect everyone in the community. Every life lost to suicide matters and represents someone's child, partner, parent, friend or co-worker. Across Leicester, Leicestershire and Rutland everyone can contribute to prevent suicide.

#StartAConversation is a suicide prevention campaign that aims to build a community that is committed to the mental health and wellbeing of its residents. #StartAConversation want to create a non-judging environment where support is available to those in distress or those bereaved or affected by suicide. Through a raised awareness and open and honest conversations about suicide we believe that every person has the potential to make a difference and save a life.

The campaign is led by Leicestershire County Council working in partnership with several organisations that have come together with a commitment to prevent suicide, including County and District Councils, NHS Trusts, the Samaritans, Rural Community Council, Turning Point and more.

Through our #StartAConversation campaign we would like residents and communities across Leicester, Leicestershire and Rutland to be more aware of the warning signs of suicidal behaviour and to have an open and honest approach to conversations about suicide. In this way, we can work together to prevent suicide.

Please visit the [www.startaconversation.co.uk](http://www.startaconversation.co.uk) website to pledge your support for the campaign and be part of the movement to prevent suicide. By pledging, not only are you showing your support for the campaign, but you will also be kept up to date with the latest news and events from the campaign, as well as registering your interest for the **1-year anniversary conference at the King Power Stadium on world Suicide Prevention Day, 10<sup>th</sup> Sept.**

For further information about the Start a Conversation campaign, or for advice on getting help and support for you, or somebody you know, please visit: [www.StartAConversation.co.uk](http://www.StartAConversation.co.uk).