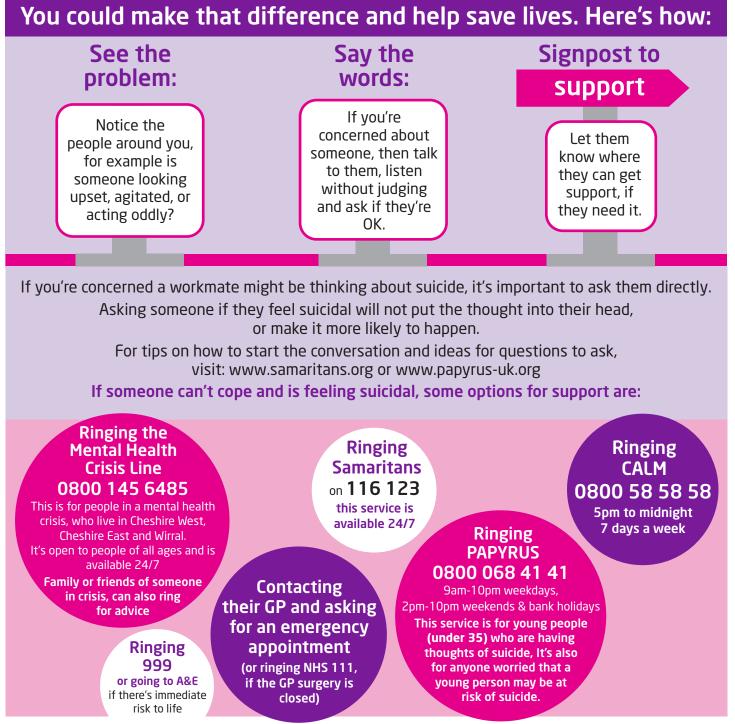
## Cheshire West & Chester Council Let's Talk about Saving Lives



You can find details of local and national mental health support services on www.livewell.cheshirewestandchester.gov.uk

 The online training "Let's Talk" could help you feel more confident to:
 approach someone you're concerned about 

 ask about suicide
 signpost people to support The training is free and only takes 20 minutes: www.zerosuicidealliance.com

This information sheet was written by Cheshire West and Chester's Council's Public Health Team. © 2020

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