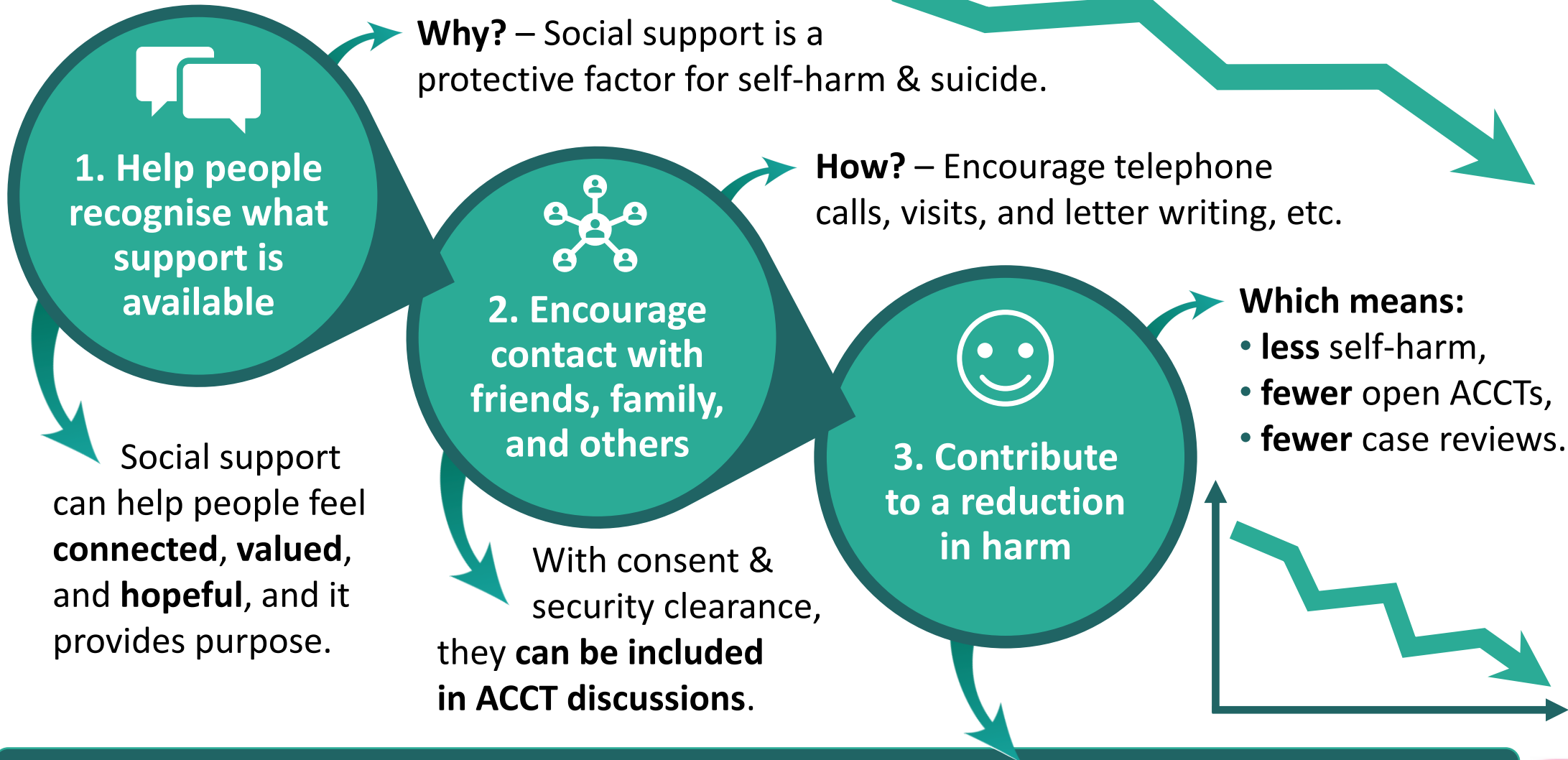




Self-Harm & suicide: How you can help.

Encouraging social support can help **reduce** the risk of self-harm & suicide.



We can help reduce the risk of self-harm & suicide today. You can help keep people safe.

