

# MEN IN MIND

## HOW TO SPOT THE SIGNS SOMEONE IS FEELING SUICIDAL



It can be tough to know if someone is struggling with their mental health, but there are signs to watch for and ways to help.

**Learn more and start the conversation.**



**SPOT THE SIGNS, SAY SOMETHING, SAVE A LIFE!**



**Buckinghamshire  
Council**

*This is a campaign run by Buckinghamshire Council. It is not associated with Mind, the National Association for Mental Health*