

SAMARITANS

Life-saving question #1

**DO YOU
NEED ANY
HELP?**

**Used by Andrew Wellbeloved
to help save a man's life in
the North West of England**

A little small talk can be all it takes to interrupt someone's suicidal thoughts, and help start them on a journey to recovery.

So if you think somebody might need help, trust your instincts and strike up a conversation.

If you don't feel comfortable or safe doing so, tell a member of rail staff, police officer or call 999.

Find out more at
samaritans.org/smalltalksaveslives

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Life-saving question #2

**I'M MICHAEL,
WHAT'S YOUR
NAME?**

**Used by Michael Budd to
help save a man's life in Essex**

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Life-saving question #3

**IT'S A WARM
EVENING,
ISN'T IT?**

**Used by Damon Lightwood
to help save a woman's life
in Sussex**

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Life-saving question #4

**WHAT TRAIN
ARE YOU GOING
TO GET?**

**Used by Ben West to help save
a man's life in South London**

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