



**NOW
WE'RE
TALKING**
ACTING TOGETHER
TO PREVENT SUICIDE



**“Nobody should feel that
their only option is to die”**

Reaching out for help isn't
shameful. **It's strong.**

Hold Out a Hand is a powerful short film that
we hope will stimulate conversations about
mental health and suicide within the Gypsy
and Traveller community.



Visit www.travellerstimes.org.uk/hold-out-a-hand to find out more.

**Can't talk to someone you know?
Talk to someone you don't.**

**One Call Away (Gypsy & Traveller
confidential support) 07748 997617**

Samaritans 116 123

**Herefordshire and Worcestershire Urgent
Mental Health Helpline 0808 196 9127**

Talking can help. You are not alone.

