

ONE IN FIVE OF US WILL HAVE SUICIDAL THOUGHTS WITHIN OUR LIFETIME



AT UHDB WE BELIEVE SUICIDE PREVENTION IS EVERYONE'S BUSINESS - WHATEVER YOUR ROLE

Suicide prevention begins long before anyone reaches a point of crisis and early intervention is key

UHDB provides a wealth of early intervention support for staff, to help keep you healthy, safe & well

**SCAN HERE FOR MORE
INFORMATION AND SUPPORT**



UHDB's Employee Assistance Programme provides a wealth of early intervention support & guidance



Access a range of health, safety & wellbeing services across Team UHDB



It's important to get people comfortable talking about suicide. Zero Suicide Alliance's training could help save a life

**SUICIDE IS NOT INEVITABLE
TOGETHER WE CAN MAKE A DIFFERENCE AND HELP SAVE LIVES**