

Most suicides are preventable
and **we can all help** those at risk.

Make the STOP Suicide Pledge NOW

STOP suicide
Save a life. Choose to live.

www.stopsuicidepledge.org

I pledge that I will:

- tell someone if I need help;
- be aware of the suicide warning signs in others;
- ask directly about suicide if I'm worried about someone;
- listen without judgement and do what I can to keep them safe.

Please complete the form on the right and return to a member of the STOP Suicide team. Alternatively, post to: STOP Suicide, Cambridgeshire, Peterborough & South Lincolnshire Mind, 100 Chesterton Road, Cambridge, CB4 1ER or sign online at:

www.stopsuicidepledge.org/pledge



Please provide the information below*:

First Name:

Last Name:

Email Address:

Contact Telephone Number (optional):
.....

Where do you live?

Peterborough

Cambridgeshire (excluding Peterborough)

Outside Peterborough/Cambridgeshire –
(please specify the county)
.....

I agree to make the pledge

I would like to receive news and updates
from STOP Suicide and CPSL Mind by email

*Your information will only be used for the purposes
above and will not be shared with others.

Privacy Policy: www.stopsuicidepledge.org/privacy

Sign here:
.....