A little small talk like...

## "Hi, where can I get a coffee?"

can be all it takes to start someone on a journey to recovery.

If you think someone needs help, trust your instincts and start a conversation. You could save a life.

Join thousands of people looking out for one another.

Find out more at samaritans.org/smalltalksaveslives

**#SmallTalkSavesLives** 

A registered charity

