

I knew something was wrong. I wasn't sure what to say, so I asked

"Hi, where can I get a coffee?"

And that's all it took

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

If you don't feel comfortable speaking to the person yourself, find a member of staff or police officer. In an emergency, call 999.

Find out more at [samaritans.org/smalltalksaveslives](https://www.samaritans.org/smalltalksaveslives)

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I could tell something was wrong. I wanted to check they were okay, so I said

"Hello, what's the time please?"

And that's all it took

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