

Do you know where I can grab a cuppa?

Any idea where the loos are?

You can
just say 'hello'

Do you mind if I stand here?

If you think someone needs help, just start a simple conversation.

You might worry you'll say the wrong thing, but saying something is better than nothing. Trust your instincts – you could save a life.

You can also find a member of staff or police officer. In an emergency, call 999.

[samaritans.org/smalltalksaveslives](https://www.samaritans.org/smalltalksaveslives)
#SmallTalkSavesLives



in partnership with



A registered charity