

Any idea
where the
loos are?

Do you
mind if
I stand
here?

Do you
know where
I can grab
a cuppa?

You can

just say 'hello'

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

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