



THE BURNT CHEF
PROJECT

SUICIDE PREVENTION DAY

September 10th

HOW CAN YOU MAKE A DIFFERENCE?



SPARK A CONVERSATION

Don't be afraid to check in with your coworkers. A simple "How are you doing?" can go a long way.

LOOK OUT FOR SIGNS

Signs can look like withdrawal from social situations, increased irritability or mood swings, decreased work performance, and expressing feelings of hopelessness.



BE A LISTENING EAR

Sometimes, just being there to listen without judgment is the best support you can offer.

ENCOURAGE SEEKING HELP

Encourage your colleagues to seek professional help or reach out to a mental health support service. Remind them that it's okay to ask for help.



If you are experiencing suicidal thoughts, please seek guidance from your local healthcare professional or emergency services.

Find support here:



Want to learn more?



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**YOUR STORY ISN'T OVER,
THERE IS HOPE AHEAD.**

IF YOU'RE FEELING OVERWHELMED,
REMEMBER THAT THIS MOMENT
DOESN'T DEFINE YOU.

REACHING OUT FOR SUPPORT IS A
STEP TOWARDS HEALING, AND
YOU DON'T HAVE TO GO THROUGH
THIS ALONE.

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