# **Talking really helps suicide prevention campaign**

Please support the campaign through your own social media channels by liking and sharing the Public Health Agency’s posts or by creating your own posts using the assets linked on the page and the suggested words. Don’t forget to tag the Public Health Agency and follow us at:

**Facebook**: [@PublicHealthAgency](https://www.facebook.com/publichealthagency/)

**Instagram**: [@PublicHealthNI](https://www.instagram.com/publichealthni/)  
**X**: [@PublicHealthNI](https://x.com/publichealthni)

**Campaign hashtags:** #TalkingReallyHelps #Lifeline #MentalHealth

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| **Asset** | **Suggested words** |
| **Talking really helps 30s video** | If you are in distress or crisis, or you know someone who is, you can talk to one of Lifeline’s qualified counsellors for free, 24/7. Call #Lifeline on 0808 808 8000.  Learn more at [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |
| **Talking really helps 15s male video** | Sometimes life can get on top of us. But that’s when talking matters most. If you’re struggling, you can pick up the phone and talk to one of Lifeline’s counsellors for free, 24/7.   Call #Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |
| **Talking really helps 15s female video** | When you’re struggling to cope, #TalkingReallyHelps. Talk to a friend, family member or someone you trust. You can also call #Lifeline and speak to a counsellor for free, 24/7.   Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #MentalHealth |
| **Lifeline counsellor video (calls)** | Lifeline has a brilliant team of counsellors like Ben on the other end of the phone. If you’re struggling, you can talk to one of Lifeline’s counsellors for free, 24/7.  Call #Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)   #TalkingReallyHelps #MentalHealth |
| **Lifeline counsellor video (not a burden)** | Trained counsellors like Ben are able to provide immediate help and support to anyone in crisis or despair. If you’re struggling, don’t suffer alone. Talk to #Lifeline today.    Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)   #TalkingReallyHelps #MentalHealth |
| **Lifeline counsellor video (things can get better)** | When you’re struggling or feeling low, #TalkingReallyHelps. Because when you start talking, you can start feeling better. Speak to a qualified #Lifeline counsellor for free, 24/7.  Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #MentalHealth |
| **Texting video** | If you are worried about someone but aren’t sure how to talk to them, you can call #Lifeline for advice on 0808 808 8000.  Learn more at [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |
| **Signs to call Lifeline video** | Do you spot some of these signs in yourself? Talking is the first step in starting to feel better. You can talk to one of Lifeline’s qualified counsellors for free, 24/7.  Call #Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |
| **Signs you may need to call Lifeline animation** | If you spot these signs in yourself or someone you know, talk to #Lifeline. Qualified counsellors are available for free, 24/7. When you start talking, you can start feeling better.  Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/) to learn more.  #TalkingReallyHelps #MentalHealth |
| **I can barely cope static image** | When you start talking, you can start feeling better. You can talk to #Lifeline if you're struggling, or are worried about someone else. Qualified counsellors are available 24/7.  Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |
| **I’m not feeling okay static image** | When you start talking, you can start feeling better. You can talk to #Lifeline if you're struggling, or are worried about someone else. Qualified counsellors are available 24/7.  Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |
| **I’m not fine static image** | When you start talking, you can start feeling better. You can talk to #Lifeline if you're struggling, or are worried about someone else. Qualified counsellors are available 24/7.  Call Lifeline on 0808 808 8000 or visit [lifelinehelpline.info](https://www.lifelinehelpline.info/)  #TalkingReallyHelps #MentalHealth |