









# Suicide Prevention Social Media Campaign 2018




Lincolnshire  
Safeguarding  
Children Board

## Twitter and Facebook

Date	Post	Link	Additional content
10 Sept 2018 - AM	Nearly 25% of young people feel suicidal at least once in their lives – start a conversation and show you care <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention #worldsuicidepreventionday	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	 <p>Talking about your feelings can help you stay in good mental health when you feel troubled.</p>  <p><a href="http://www.lincolnshire.gov.uk/lscb">www.lincolnshire.gov.uk/lscb</a>      <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>
10 Sept 2018 - PM	Talking about suicide does not make it more likely to happen. <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	 <p>Lincolnshire <b>SUICIDE SAFE</b> Supporting Awareness for Everyone</p> <p><b>A simple question could change a life</b></p> <p><i>Suicide prevention is everybody's business. Start a conversation and show you care #RUOK?</i></p> <p><a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>
11 Sept 2018 - AM	Suicidal feelings do not have to end in suicide – talking openly about suicide can save lives. <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	 <p>Strong family ties and friendships can help you deal with stress and maintain good mental health.</p>  <p><a href="http://www.lincolnshire.gov.uk/lscb">www.lincolnshire.gov.uk/lscb</a>      <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>
11 Sept 2018 - PM	Talking about suicide does not make it more likely to happen. <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	 <p>Lincolnshire <b>SUICIDE SAFE</b> Supporting Awareness for Everyone</p> <p><b>RU OK?</b></p> <p>Many of us will have suicidal thoughts. It's ok to talk about it! Start a conversation and show you care #RUOK? <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p> <p><i>Samaritans call for free any time, from any phone on 116 123</i></p>
12 Sept 2018 - AM	Talking to someone about your feelings openly and honestly will help get you the support you need <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	 <p>Take time to care for others to improve both yours and their mental health.</p>  <p><a href="http://www.lincolnshire.gov.uk/lscb">www.lincolnshire.gov.uk/lscb</a>      <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>

	#lscb #suicideprevention		
12 Sept 2018 - PM	Suicidal feelings do not have to end in suicide – talking openly about suicide can save lives. <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	<p>A conversation can make all the difference</p> <ol style="list-style-type: none"> <li><b>1. Just listen, don't judge</b> Simply being there can mean the world. "I'm not an expert, I just listen like a friend."</li> <li><b>2. Offer support</b> Small things can make a big difference. "Would you like to get some help? How can I support you?"</li> <li><b>3. Keep in touch</b> Text, call, email or meet up - whatever works for you. "My weekly texts from Dan made me smile."</li> </ol> <p>Samaritans call for free any time, from any phone on 116 123</p>
13 Sept 2018 - AM	Suicide is the biggest killer of young people in the UK. Start a conversation today <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	<p>If things are getting too much for you and you feel you can't cope, it's OK to talk.</p> <p><a href="http://www.lincolnshire.gov.uk/lscb">www.lincolnshire.gov.uk/lscb</a>      <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>
13 Sept 2018 - PM	Talking about suicide does not make it more likely to happen. <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	<p><b>By signing up you pledge to:</b></p> <ul style="list-style-type: none"> <li>• Develop a culture where people are comfortable talking about difficult issues</li> <li>• Raise awareness of suicide - using our toolkit of posters and useful information and share regular updates</li> <li>• Help recognise the signs and triggers for those at risk and support vulnerable individuals</li> <li>• Learn how to respond to someone who may be at risk</li> </ul> <p>Visit <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> Email: <a href="mailto:SuicideSAFE@lincolnshire.gov.uk">SuicideSAFE@lincolnshire.gov.uk</a></p>
14 Sept 2018 - AM	Suicidal feelings can occur when you don't see any other solution. Talking can make a real difference, you're not alone! <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	<p>There are some things that are difficult to talk about, but opening up about your feelings can help.</p> <p><a href="http://www.lincolnshire.gov.uk/lscb">www.lincolnshire.gov.uk/lscb</a>      <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>
14 Sept 2018 - PM	Suicide is the biggest killer of young people in the UK. Start a conversation today <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a> #lscb #suicideprevention	<a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a>	<p>Lincolnshire <b>SUICIDE SAFE</b> Supporting Awareness for Everyone</p> <p><b>A simple question could change a life</b></p> <p><i>Suicide prevention is everybody's business.</i> Start a conversation and show you care #RUOK? <a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>

## Instagram

Date	Post	Link	Additional content
10 Sept	Nearly 25% of young people feel suicidal at least once in their lives – start a conversation and show you care #lscb #suicideprevention #worldsuicidepreventionday		<p data-bbox="1235 271 1369 432"><b>If things are getting too much for you and you feel you can't cope, it's OK to talk.</b></p>  <p data-bbox="922 658 1126 678"><a href="http://www.lincolnshire.gov.uk/lscb">www.lincolnshire.gov.uk/lscb</a></p> <p data-bbox="1190 658 1385 678"><a href="http://www.lpft.nhs.uk/suicidesafe">www.lpft.nhs.uk/suicidesafe</a></p>