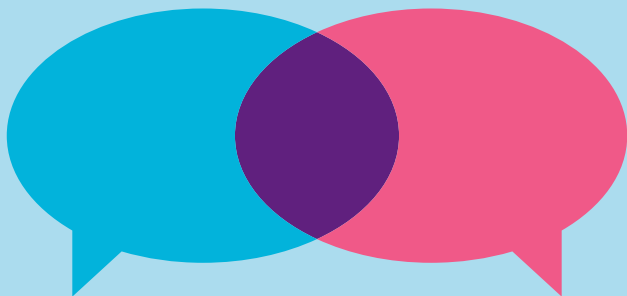# Let's Chat Derbyshire

Tackling stigma, reducing isolation, creating conversations and providing support

@DCCMHSP

Derbyshire Mental Health & Suicide Prevention

DERBYSHIRE
County Council

❓ Let's ask

- How are you? How are you, really?
- Open questions are great for conversations. They start with what, how, where, who
  e.g. How long has that been happening?
- It's ok to ask directly about suicide or any suicidal thoughts

🔊 Let's listen

- Make time
- It's ok not to have an answer
- Let's not try and fix
- "Thanks for sharing that with me"

💬 Let's Chat

- Listen, don't judge
- Be patient
- Be supportive
- Be yourself
- Look after yourself

How can you get involved?

You can find your local lets chat bench or indoor venue

Scan the QR code, visit:
https://bit.ly/LetsChatMap
or call 01629 533190

You or someone you know can get help

You can call:
Derby and Derbyshire Mental Health
Support Line: **0800 028 0077**

Or for more services, please scan the QR code
or visit: **https://bit.ly/mhsupportservices**

Never be afraid to ask. A quality
conversation can save a life. Let's do
our bit to support and create change.

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