- Monday was **World Mental Health Day** and this is marked by the '**Wear Yellow**' day this week.

- Young Minds recently reported that suicide rates among 15-19 year olds are the **highest they've been in 30 years**.
It's never been more important to **challenge the stigma** and open up the conversation around mental health.

- **Always ask twice** - if someone says they're 'fine' or 'OK', asking again can let them know you really care and it's OK to talk.

- If you're worried about someone because they've spoken about suicide or say things like people would be better off without them - **ask the question** - have you thought of taking your own life? If the answer is yes, get them to call one of the numbers below. If they are an immediate risk to themselves, call 999.

Samaritans - Call 116 123

Shout - Text 85258 .

Papyrus - Call 0800 068 4141

The Mix - Call 0808 808 4994

Impact Education