

Suicide Awareness and Prevention - social posts

Sadly, Ben has seen an increase in calls to its helpline for support around suicide over recent years. In 2022, Ben supported 303 individuals who disclosed they were experiencing suicidal thoughts or intent.

In the UK, men are three times more likely to take their own lives than women. There are many factors that make men more vulnerable to suicide and the automotive industry is male dominated so this is a particular area of concern.

Please help us spread the word to help reach those that might need some support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter / X:

In the UK, men are 3X more likely to take their own lives than women. **@BenSupport4Auto** has a number of resources giving support on the topic of suicide : <https://ben.org.uk/how-we-help/for-me/suicide>.

If you feel you might want to act on suicidal thoughts, call 999, go to A&E or contact **@samaritans**.

Facebook:

In the UK, men are three times more likely to take their own lives than women. Sadly, during the past year automotive industry charity **@Ben - Support for Life**, has seen an increase in calls to its helpline for support around suicide.

The automotive industry charity has pulled together a number of resources to provide support on the topic of suicide - for those who may be having suicidal thoughts as well as those who may be worried about someone else at risk of suicide: <https://ben.org.uk/how-we-help/for-me/suicide>

If you feel you might want to act on suicidal thoughts, call 999, go to A&E or contact **@samaritans**.

If you need support but you don't feel like you're currently in an emergency situation, then contact **@Ben - Support for Life**. Call them free on 08081 311 333 or chat with them online: <https://ben.org.uk/>. They also operate an out-of-hours text support service - just text BEN on 85258 to start a conversation.

LinkedIn:

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Instagram:

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Here are some # that you can add to the end of your posts:

#SuicidePrevention

#SuicideAwareness

#Wellbeing

#Support4Auto

#Automotive

#MotorTrade

#Support