

# It Doesn't Have to Be a Silent Night

This Christmas, thousands will sit in painful silence.  
You can help break it.

Your kindness can break the silence for someone who feels forgotten.  
This Christmas, tell us: How many minutes will you help us break?

Just £1.50 supports 1 minute of life-changing conversation on our Freephone helpline – how many minutes of hope can you support?

## GET INVOLVED NOW

- ✓ Sign up for the campaign
- Purple-ise your surroundings
- Share on socials:  
#BreakTheSilentNight  
#MinutesAgainstSilence



SCAN TO TAKE PART

One minute of silence broken can change everything.



@sossilenceofsuicide