

It Doesn't Have to Be a Silent Night

This Christmas, thousands will sit in painful silence.

Every minute matters.
Every conversation matters.

Every donation helps us ensure no one faces their darkest moments alone. This Christmas and into the New Year, we're asking you to help us break as many minutes of silence as possible — by funding conversations, support resources, outreach, and community programmes for those who feel unseen or unheard.

**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



SCAN TO DONATE

One minute of silence broken can change everything.



@sossilenceofsuicide