


## JOIN IN ON SOCIAL MEDIA


Make a promise to **talk / listen / care**

It might be a general promise or relate to someone you are worried about.

(Please don't use any names or identifying features.)



I'm going to talk to  
someone I've been  
worrying about



I'm going to do some  
suicide prevention  
training

Post your promise on social media using the hashtags  
**#betheonerotherham #onepromise #tlc**

[www.be-the-one.co.uk](http://www.be-the-one.co.uk)