



Your **Wellbeing**

Breaking the stigma around suicide.

**World Suicide Prevention Day
is 10 September.**

**Suicide shouldn't be brushed
under the carpet. If you, or a
loved one, are struggling with
poor mental health, seek help
before it goes too far.**

**Help is available for anyone who
feels they have nowhere to turn.**

To find out more, see September's
issue of Your Wellbeing

bupa.co.uk/your-wellbeing

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