

Beat: Health

## OK Campaign

### The single biggest KILLER of men under a

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**USPA NEWS** - The single biggest KILLER of men under age 45 is SUICIDE . That's 12 men everyday "" ONE MAN every TWO hours! 41% of men who attempted suicide felt they couldn't talk about their feelings! LETS SHOW EVERY MAN ACROSS THE #world is OK to talk!

Over the next year the ok campaign will try and meet up with some celebrities and well-known TV presenters to get a celebrity to say a few words on video encouraging people to seek help especially in the darkest moments and we will also be taken some pictures.

But we need your help there is a link to make a donation, you can make a donation and help us to spread the word and also with your donation it would help us to travel to meet with these celebrities and also it will help us to place ads on social media in order to get the word out there to people because when people see certain celebrities they click on a link when people say something about suicidal death they pass it on celebrities basically giving words of encouragement to people, people click on the video and listen to what that's celebrity has to say.

You can help someone feeling suicidal

It is distressing to realize that someone close to you may be considering taking their own life. It is often difficult to know what to say or what to do. People need to know that it is OK to Talk.

Below are some suggestions of how you might support someone you know who may be at risk:

Stay calm and ask the person if they are thinking of suicide. People are often fearful that asking may introduce the thought to the person. This is a myth.

Spend time with the person, encourage them to talk about how they are feeling and to get further professional advice;

Don't agree to keep it a secret. The person's safety is your main concern. You may need to talk to someone else to make sure that the person is safe.

Remember, most people who consider taking their own life get through the crisis.

What to do if someone has attempted suicide

Get medical help immediately "" call your local emergency services.

Encourage the person to receive ongoing support "" People who have attempted suicide have a much higher risk of attempting suicide again in the days, weeks and months following.

Be aware of your own reactions "" supporting someone at risk of suicide is stressful. Take care of yourself by taking time out to relax and do things you enjoy.

you can help, Make a Donation ON OUR ,OK Campaign page on [www.wardpresses.com](http://www.wardpresses.com)

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