



I will take the Tell Me pledge...

Name

Email

Postcode

Please add me
to your mailing list

Please complete and return to
Room 10, Valley Social Centre,
Whitehawk Way

Brighton

BN2 5HE

or sign up online at

www.bit.ly/TellMepledge



I pledge that I will:

- **Tell someone if I'm struggling and need help;**
- **Reach out and tell you if I'm worried about you;**
- **Listen to you, without judgement if you need someone to talk to;**
- **Ask you, directly, if I think you're trying to tell me about suicide;**
- **Help you get support if you're struggling and/or thinking about suicide.**