

**26%**

of people who died by **suicide** had contact with **mental health services** in the **12 months** before death

## If you are cared for by mental health services



You should be seen within 3 days of discharge from hospital to check on your wellbeing

## If you are cared for by crisis services



Services should review if crisis care is right for you and make changes quickly if you need extra support

## If you are aged 75 and above



You should be asked about your mood, general health, and loneliness

## If you have a diagnosis of anxiety disorder



Anxiety can be very serious and you should be offered talking therapy

## If you are a recent migrant



You should be told about organisations that can help you with money or housing problems