



TACTICS

For **identifying** people in need

If someone is considering suicide on the railway there aren't always clear warning signs. But below are some common behaviours to look out for:

- Not boarding any trains.
- Standing alone/isolated.
- Looking distant/withdrawn.
- Out of the ordinary appearance.

**'Something
doesn't feel quite
right...?'**

RISSG

RA&I INDUSTRY S&C&DS STAKEHOLDER GROUP

A registered charity

SAMARITANS



TACTICS

For **approaching** people in need

If you feel someone may need support, trust your instincts. You can help someone by simply giving them an opportunity to talk. If it's safe to do so:

- Introduce yourself and encourage them to talk. Listen.
- Offer to talk in a safer environment.
- Offer Samaritans' support:

Call free anytime on

116 123



In an emergency contact:

- Signaller
- British Transport Police on **0300 123 9101**

Report interventions to your manager and email: interventions@samaritans.org