

TAKING STEPS TO SAVE LIVES



#LOSTHOURSWALK



WHEN THE CLOCKS GO BACK WE'RE WALKING FORWARDS UNITED AGAINST SUICIDE

WHY WE'RE WALKING...

125

On average, 125 people take their own lives every single week in the UK. We believe that has to change.

1/3

Only 1/3 of people who die by suicide have contacted mental health services in the year before their death.

135

Up to 135 people are directly affected by every suicide. Losing someone in this way is unlike any other loss.

"I'M WALKING TO REMEMBER OUR SON AS THE POSITIVE, CHARMING BOY HE WAS."

Tracey

"I'M WALKING TO HELP OTHERS DEAL WITH GRIEF"

Hannah



CALM'S helpline took 157,310 calls and webchats in 2021. We're raising money to make sure CALM are there for anyone who's struggling.



We're coming together with others from every corner of the UK, to smash the silence around suicide and to deal with grief differently and defiantly



It's a space to open up a conversation with your community and to remember those we've lost.

FIND OUT MORE AND SIGN UP AT AT [LOST-HOURS.CO.UK](https://lost-hours.co.uk)



We're the Campaign Against Living Miserably (CALM) and we're taking a stand against suicide. That means standing up to stereotypes and standing together to show life is always worth living.

But we can't do it alone. Stand with us. Donate. [➔ THECALZONE.NET](https://thecalzone.net)