

“
**Small conversations
and regular connection
play a huge role in
encouraging people
to open up.**
”



Eno

Truck Driver



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Ask

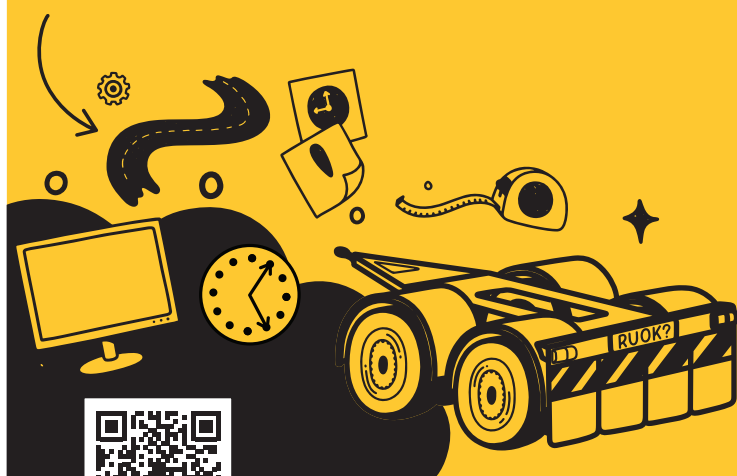
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Listening can
make a person who's
feeling alone realise
that people do care.
It did for me. That's why
I'm here today.

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Ask

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No qualifications needed

“
If someone shares
they're not OK, give them
space to talk. You don't
need to give advice or
solve their problem.
”



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Ask

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