

Message
of
Hope

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Our thanks go to the Devonshire Recovery Partnership whose original "Letter of Hope" inspired us to write to give hope to those who have thoughts of suicide.

Do you feel beyond hope?

Together we are a team of people who have been affected by suicide. Some of us have tried to take our lives, others of us have lost loved ones. We don't want anyone else to go through the trauma of suicide. We would like to give you some hope. This is a message because we care.

Stop

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We don't know exactly how you are feeling at this moment but **please don't feel you are somehow weak or a failure.**

Wait

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We are asking you to hold on. You are most definitely **not beyond hope**. Give yourself some time. Remember you are doing your best.

Talk

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Talk to someone you can trust who will listen. By talking things over a great sense of pressure is released - it becomes possible for your problems to seem more manageable.

Be clear to the person you speak with.

These thoughts can bring you to very dark times - they will go

Reach out for hope. We now have a life and a future and there is a future waiting for you.

With love from me to you

You may be able to talk to family, friends, GP or your faith group. If for any reason this is not an option, here is a list of agencies who will want to help:

Samaritans: **116 123**

Citizens Advice Bureau: **www.citizensadvice.org.uk**

Help and advice for young people

National Debtline: **0808 808 4000**
Charity offering independent debt advice.

Refugee Action: **0808 8000 630**
Provides advice and information.

The Silver Line: **0800 4 70 80 90**
Information, friendship and advice for older people.

Y.A.N.A.
You Are Not Alone: **0300 323 0400**
Info and support for farmers.

Childline: **www.childline.org.uk**
0800 1111

HopeLine UK: **www.papyrus-uk.org**
0800 068 41 41 / 07786 209697