

Letter for Tomorrow

Dear Friend,

We are a group of young people from Devon who are writing this letter to you because we care about you and what happens in your life. We do not know you, you do not know us, but we care.

We want to reach out because, like you, we were struggling to stay alive. We attempted suicide and have lost people close to us. We rang a helpline, went to A&E, were referred to the Crisis Team, or admitted to hospital after attempting suicide and thankfully we survived. We have found the courage to live again and so can you. So please, if you are ever in such a dark and desolate place that you feel like taking your own life, this letter has been written to tell you things can and will change. Give living a chance.

We relate to the pain, especially emotional pain, which often others don't.

Emotional pain hurts so much. It is that pain, along with loss, that brought us to feeling suicidal. Later we learnt that it was not death we wanted, but to end the terrible thoughts, feelings and pain we were experiencing. Because of the experiences we have been through, we came together to write to you.

We have been in your position. We want you to get through this too.

We won't pretend to know exactly what you are feeling, because your feelings are uniquely your own. It is okay to feel the way you do. You are not weak, selfish, or crazy.

You deserve help.

Please stay alive to see what tomorrow might bring. You can get through this moment. None of us claims that it is easy. It can be challenging. But no matter how hard things get, life offers possibilities that you may have forgotten exist or have never dreamed of. There will be a time in the future when something makes you smile, sunshine brings you comfort, when the day ahead is so much better than today.

You have a purpose. Please give yourself time.

We ask you to remember to seek help before life gets too painful. Please remember, if you ever feel suicidal, ask for help and be clear to the person you speak with.

You are not alone. Talk to a trusted friend, teacher, family member/carer, see your GP, contact a support group, talk to the Samaritans on Freephone 116 123, or another National Helpline, many of which are listed on the back of this letter.

Talking things over is a great first step to getting the support that you need and deserve.

Please keep this letter, though we hope that you will never need it again. The single best thing to do is to understand that how you are feeling – even if it feels over the top – is completely valid. We want you to get the help you deserve and for you to continue your journey.

We wish you well and we wish you a good life.

Although you might not think it now, we are always with you.

With love,

Devon **'Letter for Tomorrow'** Group

Please scan this QR code if you would like to listen to an audio version of our letter.





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It's safe to talk about suicide

Artwork credit: Scarlett Parris

Below is a list of organisations you may find helpful

SAMARITANS

🌐 samaritans.org
☎ 24hr Freephone 116 123

Alcoholics Anonymous

🌐 alcoholics-anonymous.org.uk
☎ 0800 9177 650
12 Step Peer Support

CALM - Campaign Against Living Miserably

🌐 thecalmzone.net
☎ 0800 58 58 58

Childline

🌐 www.childline.org.uk
☎ 0800 1111
A free, private and confidential service where you can talk about anything

Citizens Advice Bureau

🌐 citizensadvice.org.uk
Free and independent advice and support on legal and financial matters

Devon Young Carers

🌐 westbank.org.uk/Pages/Category/young-carers
☎ 03456 434 435
youngcarers@devoncarers.org.uk

DistrACT

Freephone app to support those considering self-harm or suicide

Gamblers Anonymous

🌐 gamblersanonymous.org.uk
☎ 0330 094 0322
12 Step Peer Support

HOPELineUK

🌐 papyrus-uk.org
☎ 0800 068 41 41
Provides a safe space to talk about suicide

Internet and Technology Addicts Anonymous

🌐 internetaddictsanonymous.org
12 Step Peer Support for compulsive internet and technology users

MASH

☎ 0345 155 1071
For urgent child protection enquiries

National Autistic Society

🌐 autism.org.uk
Support and advice for children and adults on the autism spectrum and their family and friends

Narcotics Anonymous

🌐 ukna.org
☎ 0300 999 1212
12 Step Peer Support drugs, food, sex etc

National Debtline

🌐 nationaldebtline.org
☎ 0808 808 4000
Charity offering independent debt advice

Nightline

🌐 nightline.ac.uk
Peer support for students by trained volunteer students

Pete's Dragons

🌐 Petesdragons.org.uk
☎ 01395 277 780
Support, listening, advice and much more for those affected by suicide in Devon

Refugee Action

🌐 refugeeaction.org.uk
☎ 07753 325 364
Advice and support

Relate

🌐 www.relate.org.uk
☎ 0300 100 1234
Relationship counselling and mediation

Shelter

🌐 shelter.org.uk
☎ 0808 800 4444
Information housing and homelessness

Shout

🌐 giveusashout.org
☎ 85258
A free, confidential, anonymous text support service

Switchboard LGBT+ Helpline

🌐 Switchboard.lgbt
☎ 0300 330 0630
Help and advice

The Moorings

🌐 mhm.org.uk/the-moorings-devon
Free non-clinical mental health support

YANA - You Are Not Alone

🌐 yanahelp.org
☎ 0300 323 0400
Info and support for farmers and the like

Young Devon

🌐 youngdevon.org/what-we-do/wellbeing
Support with mental health and wellbeing

First Response

For people with urgent mental health needs

Dial 111
and select Option 2
www.dpt.uk/firstresponse

Recovery Devon



Recovery Devon is a community interest company that, for 20 years, has created opportunities for recovery throughout communities in Devon, led by lived experience of mental health challenges.

We are supported by Devon Partnership NHS Trust.

If you wish to read other letters of hope, please visit
www.recoverydevon.co.uk
and click on the 'Support' tab.

This Letter for Tomorrow was written by young people from Devon, who wish to offer help and hope to those who are thinking about suicide.

You can view this letter and print a copy from the websites of Recovery Devon and Devon Partnership NHS Trust.