

The Hope Letter



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We are a group of people from Devon writing you this letter.

We care about you and what happens in your life.



We tried to end our lives and we survived.



We have found reasons to live again.



If you ever feel like ending your life, read this letter.

We ask you to wait.



Give yourself time.



Feelings can hurt a lot.



People think about ending their lives when they have lots of problems and are feeling low about everything.



After a while, we realised we did not want to die. We just needed some help.



We wanted the terrible feelings to stop.



It's okay to feel the way you do.



Please believe in yourself.

Let good thoughts and happy feelings in.

We know this is not easy.



There can be a time when something makes you feel better.

Please give yourself time.



Connect



Be active



Keep learning

When you are feeling low or have bad thoughts, it might help if you do things you enjoy:

- Spend time with friends
- Help other people
- Go out for a walk
- Go to the gym
- Exercise can help if you are feeling low
- Learn a new hobby
- Join a new group.
- There are online groups you can join if you don't like meeting people face to face.



Ask for help before life gets too difficult.



If you are feeling low, talk to someone as soon as you can.



You can talk to a friend you trust or your Doctor.

There are other helplines on this leaflet.



Talking things over can help.

Problems can become a little easier.



Talk to someone if you feel like ending your life.

Make your words clear.

Say "it's so painful I want to die" or "help me".



Please keep this letter.



**We all found someone or
something to believe in.**



**We hope you do too.
We wish you a good life.**



With love,



The Devon 'Hope letter' Group



If you find it hard to ask for help, tick the box below and give this letter to someone you know or feel safe with.



PLEASE HELP ME.....



Helplines / Websites:



Samaritans Freephone
116 123



Campaign Against
Living Miserably
0800 58 58 58



Hopeline UK
0800 068 41 41

Papyrus
www.papyrus-uk.org/



Contact information

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our services please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust

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Exeter

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