

Below is a list of organisations you may find helpful.

- "Read this First"
An open letter to anyone thinking about suicide, includes useful resources and information
www.metanoia.org/suicide
- Alcoholics Anonymous
0845 769 7555
- CALM Campaign Against Living Miserably
www.thecalmzone.net
0800 585858
- Carers UK
0808 808 7777
Provides help and advice
- Citizens Advice Bureau
www.citizensadvice.org.uk
- Combat Stress
0800 138 1619
For service personnel, serving & former
- Cruse Bereavement care
www.cruse.org.uk
0808 8081677
- Devon Partnership NHS Trust
www.devonpartnership.nhs.uk/
Recovery-supporting-you-to-live-well
- Gamblers Anonymous
www.gamblersanonymous.org.uk
- Gingerbread
0808 802 0925
Help & advice for single parents
- HOPElineUK
www.papyrus-uk.org
Help & advice for children & young people
- Lesbian & Gay switchboard
0300 330 0630
- Narcotics Anonymous
0300 999 1212
- National Debtline
0808 808 4000
Charity offering independent debt advice
- Nightline
www.nightline.ac.uk/want-to-talk/
Support & advice for students provided by trained volunteer students
- Recovery Devon
information and resources on Mental Health issues
www.recoverydevon.co.uk
07842 4161192
- Refugee Action
0808 8000 630
Provides advice & information
- Relate
0300 100 1234
Counselling for couples and individuals
- Shelter
0300 330 1234
Advice and information for the homeless
- SAMARITANS
Freephone 116 123
- The Big White Wall
www.bigwhitewall.com
Network for emotional health
- The Silver Line
0800 4 70 80 90
Info, friendship, advice for older people
- Y.A.N.A You Are Not Alone
0300 323 0400
Info & support for farmers

Livewell Southwest
www.livewellsouthwest.co.uk/help/mental-health

Feeling Suicidal? - The 3 Step Plan

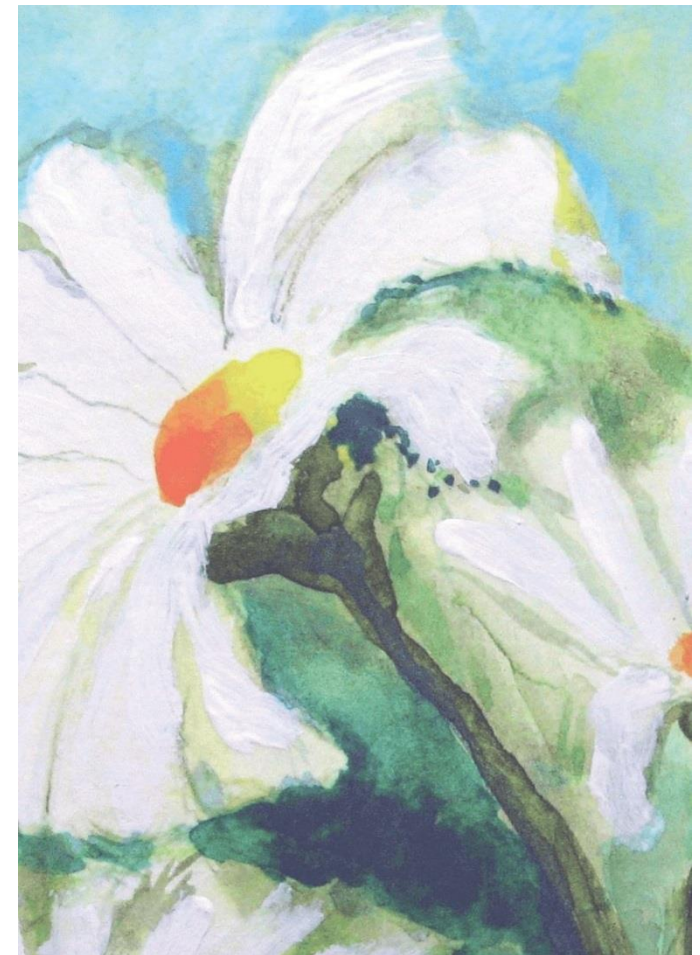
1. Ring the SAMARITANS on
Freephone 116 123
for immediate help and support
2. Make an urgent same day appointment
with your GP or go to A&E
3. Tell a trusted person or friend
who can help and support you

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

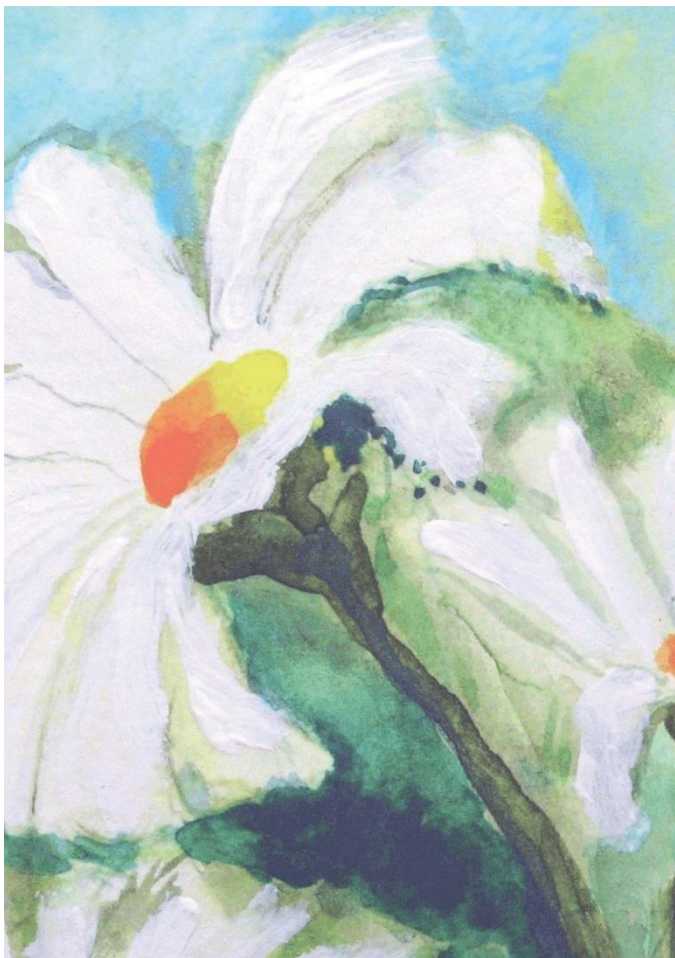


This Letter of Hope was written by people from
Devon, who wish to offer help and hope to
those who are thinking about suicide.

Letter of Hope



Letter of Hope



Dear Friend,

We are a group of people from Devon who are writing this Letter of Hope 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 care because, like you, we were struggling to stay alive. We attempted suicide. We went to A&E, were referred to the Crisis Team, or admitted to hospital after attempting suicide and we have survived. We have done more than survive; we have found the courage to live again. 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 ask you to hold on. Give yourself time.

We understand 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 suicide and to hospital. 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 offering Hope.

We survived. 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 are not beyond help.

Please believe in yourself, in what tomorrow might bring. Believe that you can get through this moment. Allow hope into your life. None of us claims that it is easy. It can be challenging. But however hard things get, life offers possibilities that you may have forgotten exist or have never even dreamed of.

There can 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.

Please give yourself time.

We ask you to remember to seek help before life gets too painful. Ask for the help you need. You are not alone. Talk to a trusted friend, 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.

By talking things over a great sense of pressure is released; it becomes possible to feel better and for your problems to seem smaller and more manageable.

Please remember, if you ever feel suicidal, ask for help. Be clear to the person you speak with. Use words like: I can't cope, I feel bad, I feel out of control, or I feel crazy. Tell people it's so painful I want to die, or simply, please help me. We could write so much more to you, a long, long letter; in fact we did; we all did from our different perspectives and from our hearts, and it was those letters that led us to what is important, to the message in this letter to you.

Please keep this letter, though we hope that you will never need it again. We also hope that you can find someone or something to believe in. That can make all the difference. We have lived and we have loved again. We believe you can too.

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

With love,

Devon 'Letter of Hope' Group