

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 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

Please scan this QR code if you would like to listen to an audio version of our letter or see it in other formats.





Letter of Hope

It's safe to talk about suicide

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

Carers UK

🌐 carersuk.org
☎ 0808 808 7777
Advice, support and campaigning for carers

Citizens Advice Bureau

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

Combat Stress

🌐 combatstress.org.uk
☎ 0800 138 1619
For service personnel, serving and former

DistrACT

Free phone app to support those considering self-harm or suicide

Gamblers Anonymous

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

Gingerbread

🌐 gingerbread.org.uk
☎ 0808 802 0925
Help & advice for single parents

Internet and Technology Addicts Anonymous

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

HOPELineUK

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

Switchboard LGBT+ Helpline

🌐 Switchboard.lgbt
☎ 0300 330 0630
Help and advice

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 Dragon

🌐 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

The Silver Line Helpline

🌐 thesilverline.org.uk
☎ 0800 4 70 80 90
Support, friendship and a listening ear for older people

YANA - You Are Not Alone

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

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.

Feeling Suicidal?

Steps you could take

Ring the **SAMARITANS** on Freephone **116 123** for immediate help and support

Tell a trusted person or friend how you are feeling

Contact **Mental Health Matters** on **0800 470 0317** (helpline and webchat)

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

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

