

# 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**

## Below is a list of organisations you may find helpful.

- **“Read this First”**  
[www.metanoia.org/suicide](http://www.metanoia.org/suicide)  
An open letter to anyone thinking about suicide, including useful resources and information
- **Alcoholics Anonymous**  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)  
0800 9177 650
- **Asylum Help**  
[www.asylumhelpuk.org](http://www.asylumhelpuk.org)  
0808 8000 630  
Help in different languages for asylum seekers in the UK
- **Big White Wall**  
[www.bigwhitewall.com](http://www.bigwhitewall.com)  
Anonymous online community for emotional health and support
- **CALM Campaign Against Living Miserably**  
[www.thecalmzone.net](http://www.thecalmzone.net)  
0800 58 58 58
- **Carers UK**  
[www.carersuk.org](http://www.carersuk.org)  
0808 808 7777
- **Citizens Advice Bureau**  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- **Combat Stress**  
[www.combatstress.org.uk](http://www.combatstress.org.uk)  
0800 138 1619 or text 07537 404719  
For service personnel, serving and former
- **Cruse Bereavement Care**  
[www.cruse.org.uk](http://www.cruse.org.uk)  
0808 808 1677
- **Devon Partnership NHS Trust**  
<https://www.devonpartnership.nhs.uk/Recovery-supporting-you-to-live-well.522.0.html>
- **Gamblers Anonymous**  
[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)
- **Gingerbread**  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)  
0808 802 0925  
Help & advice for single parents
- **HOPELineUK**  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
0800 068 41 41 or text 07786 209697  
Help and advice for young people
- **Narcotics Anonymous**  
[www.ukna.org](http://www.ukna.org)  
0300 999 1212
- **National Debtline**  
[www.nationaldebtline.org](http://www.nationaldebtline.org)  
0808 808 4000
- **Nightline Association**  
[www.nightline.ac.uk/want-to-talk/](http://www.nightline.ac.uk/want-to-talk/)  
Help for students
- **Recovery Devon**  
[www.recoverydevon.co.uk](http://www.recoverydevon.co.uk)  
Gateway to recovery based support, research and guidance
- **Refugee Action**  
[www.refugee-action.org.uk](http://www.refugee-action.org.uk)
- **Relate**  
[www.relate.org.uk](http://www.relate.org.uk)  
0300 100 1234  
Relationship support for couples and individuals of all ages, backgrounds and sexual orientation
- **SAMARITANS**  
[www.samaritans.org](http://www.samaritans.org)  
Freephone 116 123
- **Shelter**  
[www.shelter.org.uk](http://www.shelter.org.uk)  
0808 800 4444  
Help for the homeless
- **Switchboard LGBT+**  
[www.switchboard.lgbt](http://www.switchboard.lgbt)  
0300 330 0630
- **The Silver Line**  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)  
0800 4 70 80 90  
Helpline for older people
- **YANA Project**  
[www.yanahelp.org](http://www.yanahelp.org)  
0300 323 0400  
Help for those in farming

### 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