

## This leaflet is for anyone who has experienced suicidal thoughts and feelings.

The Tomorrow Project is a confidential suicide prevention project which has been set up in response to the needs and concerns of the local community.

**Life can be difficult but it can get better, with the right support and opportunity, it doesn't have to end**

## What is suicide?

Suicide is a decision that someone makes to end their life when they feel overwhelmed by their circumstances. They may feel that what they are facing is too much to cope with and that they have no other option.

With the right help at the right time, people can overcome their difficulties. Suicide is final and there is no going back.

Suicide leaves behind devastation and affects not only friends and family but wider communities.

## Why do I feel suicidal?

Suicidal thoughts can come into your head for a number of reasons, and often it can be a mixture of different things.

People describe feeling a range of emotions that might include:

- Depressed
- Anxious
- Hopeless
- Confused
- Useless

It might be that something has happened to make you feel the way that you do but sometimes you can be unsure what has caused you to feel suicidal, and this can be frightening and difficult to understand.

You may feel hopeless about the future, believe that no-one cares about you and that life is not worth living.

Although these feelings may be very strong, we believe it is possible to get through them with support but please ask someone for help. Many people feel suicidal at some time in their life and are able to recover and move forward.

Take a step back before you act on your thoughts....

You may be feeling panicky, worried, numb, fed up, inadequate, tired and sad all the time. When your mind is in this place it is really difficult to think clearly, and you can easily lose sight of the bigger picture and hope for your future.

Your perspective can change and it can be easy to misinterpret other people's behaviour. You may find that your mind filters out or minimises anything positive in your life.

**If you notice yourself having these thoughts or feelings, this is when you need to get some support – talk to someone about how you are feeling, ask someone to keep you company until these feelings pass, treat yourself with kindness and care.**

**Suicide takes away the chance for things to ever get better and has a huge impact on the people you leave behind.**

## How can I get through?

- When you feel low it can be easy to think badly of yourself – you may think you are a failure, no-one cares and that you can't get anything right. These thoughts can keep you low and stuck, so it may help to try and distract yourself from them.
- **You could:**
  - Write a list of positive things you have done, people you have helped, things you enjoy
  - Ask someone to keep you company; watch a film, go for a walk, plan a day out
  - Write down how you are feeling if it is too hard to talk to someone
  - Dance, run, cycle, lift weights – anything physical to get you moving
  - Plan some activities into your weeks to give yourself some structure
- **Care for yourself.** Although you may not feel like it, now is the time that you need the most care and kindness. Eat well, rest, get outside into daylight, talk to yourself with compassion, avoid alcohol and drugs – they can leave you feeling worse.

**You may not feel better all at once – it can take time, but suicide takes away the chance for things to change in your life. Don't be afraid to ask for help.**

## Information and Support

### The Tomorrow Project

[www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk)

**07594 008 356** (text or enquiries, not available 24 hours)

### SMART Helpline (Nottingham)

Confidential helpline service

**0800 561 0072**

### SANEline

[www.sane.org.uk](http://www.sane.org.uk)

**0845 767 8000** (6-11pm)

### CALM

[www.thecalmzone.net](http://www.thecalmzone.net)

**0800 58 58 58** (5pm to midnight, for men of all ages)

### ChildLine

[www.childline.org.uk](http://www.childline.org.uk)

**0800 1111** (24 hours, up to 19 years old)

### HopeLine

[www.papyrus-uk.org](http://www.papyrus-uk.org)

**0800 068 41 41** (10am-5pm, 5pm-7pm week-days, 2-5pm weekends, up to 35 years old)

### Samaritans

[www.samaritans.org](http://www.samaritans.org)

**08457 90 90 90** (24 hours)



## SUICIDAL THOUGHTS & FEELINGS

**Email:** [tomorrow@harmless.org.uk](mailto:tomorrow@harmless.org.uk)

**Visit:** [www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk)

**Call:** 07594 008 356

No matter how big or small you think your problems are, don't be afraid to ask for help.

 **Harmless**  **@HarmlessUK**

**THE  
TOMORROW  
PROJECT**

WORKING TOWARDS A BRIGHTER FUTURE

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support | information | training | consultancy