



LIFE	0
US	
SUICIDE	1

THERE'S NO REPLAY

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.

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

Email: info@tomorrowproject.org.uk

Visit: tomorrowproject.org.uk

Call: 07594 008 356

**THE
TOMORROW
PROJECT**

WORKING TOWARDS A BRIGHTER FUTURE

 **Harmless**

 **@lifevsuicide**

**HARMLESS**
support | information | training | consultancy

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

Suicide is a decision that someone makes to end their life when they feel overwhelmed by their circumstances; when the struggles they face seem too difficult or painful and they have run out of options.

Suicide leaves behind devastation on many levels with many questions and concerns. Those directly affected are left with bereavement and loss so it's important that help is on hand.

Together we need to acknowledge that any one of us can face these struggles and it is only by accepting that sometimes we need support that we can get through things.

- If you are concerned about someone – don't wait to speak to them about it; encourage them to get some help.
- If you are struggling with the suicides in the local area and want some support, it is okay to ask for help.
- If you have been having a difficult time or have ever had thoughts about suicide. We can help.

No matter how big or small you think your problems are, it is okay to ask for help. If you would like to find out more, contact us at info@tomorrowproject.org.uk

SUICIDE IS FINAL

THERE IS NO GOING BACK, BUT WITH THE RIGHT HELP AT THE RIGHT TIME PEOPLE CAN OVERCOME THEIR DIFFICULTIES.