




**THE
TOMORROW
PROJECT**

Working towards
a brighter future.

Leading the way in
specialist suicide crisis support

0115 880 0282
crisis@tomorrowproject.org.uk
www.harmless.org.uk

 LifeVsSuicide

 TheTomorrowProject

 TheTomorrowProject_UK





The Tomorrow Project is operated by Harmless
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**THE
TOMORROW
PROJECT**

WORKING TOWARDS A BRIGHTER FUTURE



**Suicidal Thoughts
& Feelings**

Information and support

The Tomorrow Project

0115 880 0282 (referral line only)
crisis@tomorrowproject.org.uk
www.harmless.org.uk

Online Safety-Planning Resource:
www.yoursafetycomesfirst.co.uk

SANEline

www.sane.org.uk
0300 304 7000 (6pm – 11pm)

NHS 111

Open 24/7, can provide mental health support

ChildLine

www.childline.org.uk
0800 1111 (24 hours, ages up to 19 years old)

HopeLine247

www.papyrus-uk.org
0800 068 41 41 (24 hours, ages up to 35 years old or if
you are concerned about someone aged up to 35)

Samaritans

www.samaritans.org
116 123 (24 hours)



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

The Tomorrow Project is a confidential suicide prevention service that supports people who are planning to end their life. 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 there is no hope of things getting better.

Suicide is not selfish; rather, it is often something that people think about when they feel there is no other option. It is a last resort.

No matter how impossible life is feeling, with the right help at the right time, people can overcome their difficulties. Suicide is final and there is no going back.

Why do I feel suicidal?

Suicidal thoughts can come into people's minds for a number of different reasons. Often it can be a mixture of different things all adding up to result in thoughts and feelings of no longer wanting to live.

Human beings are programmed to be problem-solvers. Humans are always looking for ways to overcome difficulties, but when we cannot find another option, suicide can feel like it is the only way out.

There might be something specific that has resulted in you feeling upset, depressed, anxious, or unable to cope. But if you are unsure what has caused you to feel this way, this can be frightening and difficult to understand, but there is still help here for you.

You may feel hopeless about the future, believe that no-one loves or cares about you, and that life is not worth living. We know that these feelings may be very strong, and can sometimes feel consuming. But we believe that it is possible to get through them, with the right support. Our service is developed with lived experience at its core, and many of our staff have faced similar difficulties – we are a safe place to talk about suicide.

There is always hope, even when it feels like hope has run out.

How do I get through?

- **Talk to someone.** Whether they're a friend, family member, colleague, GP, teacher, or a stranger on the end of a helpline, it is important to tell someone that you are feeling this way. They can support you to find the help that you deserve.
- **Find the things that distract you, and keep them close.** When your thoughts feel all-consuming, it might feel impossible to interrupt the spiral. If you have things in your life that are positive and distracting from these thoughts, purposefully make time to do these things. The thoughts may feel less intense if you have a moment's break from them.
- **Even the smallest things might help to distract you from suicidal thoughts.** You could ask someone to keep you company; watch a film, go for a walk, plan a day out. If you are able to, you could dance, run, cycle, lift weights - anything physical to get you moving. You could plan some activities into your weeks to give yourself some structure. You could spend time with pets, or volunteer for a local community project to create a sense of purpose. We know that these things don't automatically get rid of the thoughts of suicide, but it can lessen their intensity to keep you safe.
- **Create a safety plan.** Plan ahead for the times where you feel at-risk of acting on your thoughts of suicide. Include people in your life who you're able to talk to or spend time with, the things that distract you or calm you down, any goals or hopes you have for the future, details for helplines that you can contact, and things you should stay away from to keep you safe. Safety plans are life-saving when heightened emotions mean we struggle to think clearly.
- **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, and keep up with hygiene and personal care. You deserve to look after yourself.

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. We're here to help.