

# THE TOMORROW PROJECT

WORKING TOWARDS A BRIGHTER FUTURE



Working towards  
a brighter future.

Leading the way in specialist suicide crisis support

**If you are having thoughts of suicide, The Tomorrow Project is here for you. We offer a confidential suicide prevention service that supports people who are planning to end their life. 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.**

What you can expect from us:

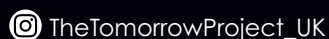
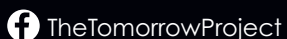
- An initial contact within three working days.
- Regular sessions with one of our crisis support workers.
- A tailored support plan for you, to keep you safe and to address the things in your life that are contributing to your thoughts of suicide. We will work collaboratively with you to develop this; your voice will be heard.
- Short-term support to focus on overcoming your crisis, followed by support to look at where else you can get further support with any longer-term needs.

The Tomorrow Project accepts both self-referrals and referrals from professionals. We are an all-age service, accepting referrals for people of all ages living in **Nottingham, Nottinghamshire** and **Bassetlaw** who aren't eligible for other existing mental health support.

We are usually open Monday – Friday 9am–5.30pm. Please note that we do not have an immediate crisis helpline – if you need immediate support, please call Samaritans on 116 123, or NHS 111 and select the mental health option.

**Don't give up just yet. Come and meet one of our team, and let's take it from there, one step at a time.**

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**The Tomorrow Project is operated by Harmless**

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