

Feeling Suicidal?

Text - Shout to 85258

Suicide Crisis - 07975 974455

Gloucestershire Crisis Resolution & Home Treatment Teams - 0800 169 0398

Samaritans - 116 123

PAPYRUS HOPELineUK (for those under 35 years)
- 0800 068 4141

CALM (Campaign Against Living Miserably) (for men)
- 0800 585 858

Crime/Abuse

Gloucestershire Action for Refugees and Asylum Seekers (GARAS) - 01452 550528

Gloucestershire Victim Support - 0808 281 0112

Gloucestershire Domestic Abuse Support Services (GDASS) - 0845 602 9035

Gloucestershire Rape and Sexual Assault Centre (GRASAC) - 01452 526770

SupportLine - 01708 765200

Hope House Sexual Abuse Referral Centre (SARC)
- 0300 421 8400

Drugs & Alcohol

Change Grow Live (CGL) Drug & Alcohol Support Service
- 01452 223014

Alcoholics Anonymous - 0800 917 7650

UK Rehab telephone support - 0203 811 5619

Nelson Trust - 01453 885633

Sexual Orientation

Gay and Lesbian Switchboard - 01452 306800

The Gloucestershire Gay & Lesbian Community (GGLC)
- 07050 627273

GayGlos - 07903 472899

Transgender

Gloscats - gloscats@gmail.com

Money Matters

Citizens Advice, Adviceline - 0800 144 8848

Homelessness

Gloucestershire Homeless Healthcare Team
- 01452 521898

Shelter Emergency Helpline - 0808 800 4444

All the above organisations have websites – if you have internet access ‘google’ them or try <https://www.ghc.nhs.uk/useful-contacts/> for other suggestions.

Self-Harm

Gloucestershire Self-Harm Helpline - 0808 801 0606

Text - 07537 410022

Webchat - www.gloucestershireselfharm.org

Self Injury Support - CASS Women's Self - Injury Helpline
- 0808 800 8088

BEAT Eating Disorders Helpline - 0808 801 0677

Mental Wellbeing

Let's Talk - Gloucestershire's Improving Access to Psychological Therapies Service (IAPT) - 0800 073 2200
www.talk2gether.nhs.uk

Qwell (18 years plus) - www.qwell.io

Kooth (11-18 yr-olds) - www.kooth.com

MIND - 0300 123 3393

Independence Trust - 01452 317460

CALMHS - Independence Trust - 0345 863 8323

SANeline - 0300 304 7000

TiC+ (for young people/parents/carers) - 01594 372777

Talk to your GP, or if in contact with mental health services talk to your care coordinator.

Bereavement

Cruse Bereavement Care - 01242 252518

Winston's Wish - 01242 515157

Gloucestershire Support After Suicide Service (GSASS)
- 07483 375516

Email: glossupportaftersuicide@rethink.org

SOBS (Survivors of Bereavement by Suicide) -
National Helpline: 0300 111 5065

Sunflowers Suicide Support - 07542 527888

Email: info@sunflowerssuicidesupport.org.uk

Inclusion

The Cavern (part of Kingfishers Treasure Seekers)
- 01452 307201

Inclusion Gloucestershire and Mental Health Experience Led Opportunities (MHELO) - 01452 234003

Relationship Advice

RELATE Relationship Support - 0300 003 0396

Other useful contacts

Combat Stress (for veterans) - 0800 138 1619

The Silver Line (for older people) - 0800 470 8090

Stay Alive app

The Stay Alive app is the UK's first suicide prevention app. The app can be accessed through the Apple Store, Google Play and downloaded as a pdf.

Visit www.prevent-suicide.org.uk.



Gloucestershire Health and Care
NHS Foundation Trust

Letter of Hope

Letter of Hope

We are a group of people who live locally and, at points in our lives, have been in a similar position to you. We have attempted suicide and have attended A&E, some of us more than once before deciding to give life another chance.

We understand how sometimes the pain, suffering and anguish of your present situation can seem too much, but it needn't be, and you too can choose life and feel good again. We are all unique, we are all special, and without every one of us the world would be a poorer place.

We know it can become more and more difficult to carry on. Indeed, when your experience of life is so grim, it can reach a point where it no longer seems worth making the great effort required just to continue. The silent suffering can become itself too much.

Sometimes we need a helping hand, someone to guide us, someone to be there for us, someone who cares and understands our grief, someone who is good at listening and someone whom we can talk to and confide in. To be able to talk is so very important to us at this point in life, when we are in our darkest hour of need we need their help.

We chose not to repeat our suicide attempts. We got help when the suicidal thoughts intruded too much. We have sought strength and help in many ways and in many places. Ask for help; seek out support; turn to those who care for you; try the helplines every time you feel so low you don't see the point in going on. Remember these words, and use them so it's clear to everyone how bad things really are "Can't cope... out of control... I feel suicidal". People care about you, people want to help, but you have to let them.

Of course, there is no guarantee of happiness, but it maybe that simply to feel "okay" for most of the time would be the most valuable and precious gift that you could receive?

Feeling good again is within your reach – if you are prepared to seek help. Please realise that you are entitled to help and support just as much as anybody else.

It's hard to think about tomorrow when you are where you are right now, but stop and think for a minute how someone cared enough to help us. Now, you need courage to let yourself be helped more. Whatever your route, whatever your problems, believe in yourself, believe in help from others and choose to give life another chance. Give yourself time to mend; you will not always be broken.

Choose to stay in this life like we have done. You can beat this, you are strong and you have so much more to give to this world. You are a survivor. Darkness is lightness turned inside out and there is hope if we find someone to talk to and we seek help. Where there is help, there is hope and there is always someone there that cares.

We've listed some places where you can get help and support overleaf – please try them.

