

CALL HOPELINEUK 0800 068 41 41

# HOPEBOOK



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

# HOPEBOOK

At HOPELINEUK we sometimes suggest creating a '**HOPEBOX**' - a box filled with personal or sensory items that can help you to cope with thoughts of suicide in the moment.

A '**HOPEBOOK**' serves the same purpose- but in the form of a scrapbook.

## All you need is:

- Any scrapbook
- Anything you would like to decorate your scrapbook with
- Anything that feels hopeful to fill the pages

## Page ideas:

- Photographs of loved ones
- Favourite quotes
- Letters from friends
- Poetry
- Places to see
- Song lyrics
- Quotes
- Colouring in pages
- Achievements
- Upcoming Events
- Pets
- Hobbies
- Resources (HLUK card, safety plan)



**Creating a HOPEBOOK can be a positive distraction technique itself and you can add more more pages over time.**

**A HOPEBOOK cannot take you thoughts of suicide away but it can remind you of your reasons for living and reasons for staying safe-for-now.**

**HOPELINEUK**

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Opening hours:

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2pm - 10pm bank holidays

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