CALL HOPELINE UK 0800 068 4141

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:
10am - 10pm weekdays
2pm - 10pm weekends
2pm - 10pm bank holidays

www.papyrus-uk.org