

**YOUR
PROBLEMS
WON'T
LAST
FOREVER
Suicide does**

You won't always feel like this

Suicide seems to be a permanent way to stop feeling bad.

But it also stops you ever feeling good, or loved, or proud, or special, or elated, or curious, or giggly, or surprised, or warm, or sexy.

Time is also a cure for feeling bad, but it works differently. It stops the pain more slowly, but it doesn't stop you feeling all those other things, all through the rest of your life.

It's like this:

Suicide kills all feelings, good and bad, for ever.

Time kills bad feelings too, but it also lets you keep the good ones. For ever.

But does choosing time really work?

Well, yes it does, so long as you use it the right way and fill it with the right things.

Start with talking

Don't stop talking- talking gets you the support you need.

More ways to use time- Walk, Eat, Connect with others.

Seeing things from a new angle- think of five things you're grateful for. The fact you're not starving, you have warm clothing, the blossom looks great in Spring ... like that.

But ... Walking? Eating? Connecting? I don't feel like doing any of it. Force yourself just this once. It's steps along the way to feeling better.

And watch out for thinking or drinking. Feeling bad makes you have bad hopeless thoughts. Bad hopeless thoughts make you feel even worse.

And No cutting, No pushing people away.

Remember, you can put up with anything if you know it won't last forever.

Are you too ashamed to get some help?

Don't die of embarrassment.

Don't die because you didn't want to be any trouble.

Don't just sit there – talk to someone like your GP.

Numbers that will get you help:

Write the name of your GP down here

.....

and their number

.....

Or A trusted friend or relative

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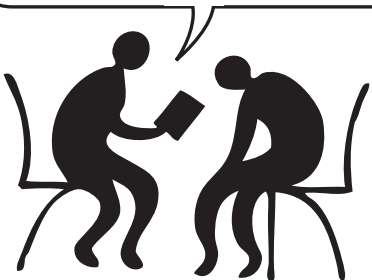
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**But If you don't have anyone you can talk to or trust,
then here are some numbers that may help.**

NHS 111 (non-emergency)
or 999 (emergency)

Breathing Space (Scotland): 0800 838587
www.breathingspacescotland.co.uk

Samaritans: 08457 909090
www.samaritans.org
jo@samaritans.org



DON'T BE ALONE.

**If you feel suicidal, talk to
someone NOW and explain how
bad you feel.**

**Tell them how dark and hopeless
everything seems to you at the
moment.**

**Help Online:
Visit www.lltff.com for
our free course**

WRITTEN BY DR CHRIS WILLIAMS.
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