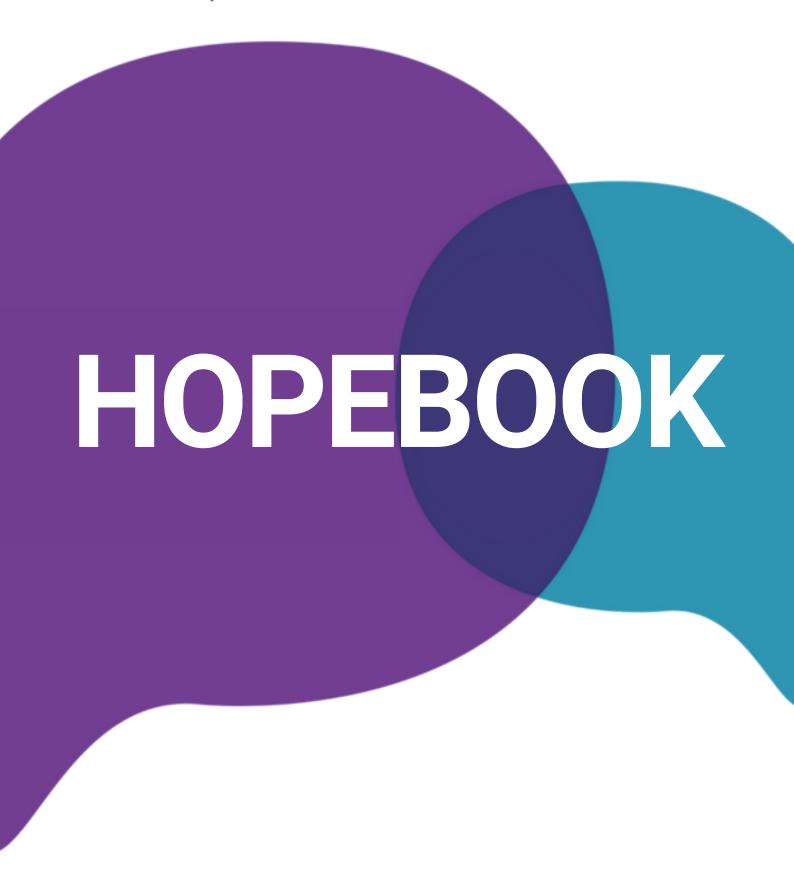
## CALL **HOPELINEUK 0800 068 41 41**





# **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**

Call: 0800 068 4141

Text: **07786209697** 

Email: pat@papyrus-uk.org

#### Opening hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

www.papyrus-uk.org

