Creating Your Hope Box

This Hope Box is for anyone who experiences thoughts of suicide, whether those thoughts come uninvited or feel more deliberate. It is also for anyone who feels alone, lost, or unsure of their options. It can also be filled in for, shared with, or completed with someone you care about.

Kind guidance on how to create and use Your Hope Box

- You could fill it in whenever you feel ready, if you can. There is no need to do it all at once, and nothing has to be perfect. If it feels right, you could ask someone you trust to help you, such as a friend, a family member, a support worker or a therapist. If you can't think of anyone right now, that is okay too. You can go at your own pace.

- You could type into it on your phone or computer, or print it in colour or black and white and write on it. You could keep a copy where you can find it quickly, such as your phone's Files or Photos, or in an email to yourself.

- You could keep a real box too. A shoebox, a tin or a favourite container will do, for things you can hold: printed photos, letters, a small object, a scent, a ticket, a note from someone. A printed copy of this could go inside.

- Once you start or complete Your Hope Box, you have a choice to open it when things feel too overwhelming or too much to cope with. You could read one thing at a time. Even one line is enough.

My Hope Box

A place to keep what helps, for the moments that feel hardest.

Name my Hope Box (Optional)

I have the option to remind myself:

If I am experiencing a need for Urgent or Crisis care and feel in immediate danger, or feel that I cannot keep myself safe, I can call 999 or go to my nearest A&E.

If I need support to stay safe, I can also get what I need by contacting:

NHS 111 »	*call 111, Mental Health option (24 hours)*
Samaritans »	*116 123 (24 hours, or email)*
Shout »	*text SHOUT to 85258 (24 hours)*
CALM »	*0800 58 58 58 (5pm to midnight, every day)*

Reasons I want to keep going

Big or small. It might be a person, a pet, a place, something I want to see or do, or something I am curious about. If nothing comes right now, that is okay. One word is enough, and I can come back later.

Someone who matters to me

Something I would like to see or do

Something I am still curious about

Anything else

People who matter to me

People I feel close to, people I would like to feel closer to, or someone I have lost and want to remember.

Name	Telephone	Why they matter

Things I could look forward to

Even something small, like a meal, a walk, a programme or listening to music that comforts me. It might be something new or something I can plan for the future, even if it feels impossible in this moment.

When I feel alone, or things have changed

For when I feel cut off, am thinking of someone who matters to me, or am coping with news or change I did not choose.

Someone or something that helps me feel connected

Someone or something I miss, and what I would like to remember (Optional)

What stays the same, even when things change

When things feel hard, one small thing that helps me take the next step

Things that bring me comfort

Things that have soothed or comforted me before. I can come back to them when it is hard to think.

Music and sounds

Films, shows, books or podcasts

Smells, tastes, textures or warmth

Places that help me feel calmer

Photos and memories

People, pets, places or moments that matter to me. I can stick printed photos into the frames, or write which photos to open on my phone.

Photo 1

Photo 2

Photo 3

Photo 4

Photo 5

Photo 6

What I could keep in my real box

Things I can hold: printed photos, letters, meaningful objects, a scent, a ticket, or a note to myself or from someone.

Kind words for myself

What would I say to a friend who felt like this? I can write it as I would to them, then think about how I could offer the same kindness to myself.

A message from me on a better day

A few kind words for a harder day, if I can. It is fine to leave this blank and come back to it later.

Small things I can do when things feel heavy

Five-minute things, like a glass of water, a shower, stepping outside or listening to a favourite song or album.

People I can reach out to when things feel heavy

Name	Number or how to reach them

Something from my Hope Box I would like to share with my therapist

I can come back and add to this when I feel more ready. It can change as I do.

If I need urgent help

I have the option to remind myself:

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If I need support to stay safe, I can also get what I need by contacting:

NHS 111 »	*call 111, Mental Health option (24 hours)*
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Web addresses, if I have printed this: samaritans.org/branches | giveusashout.org | thecalmzone.net/get-support/suicide/helpline | nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health

The first thing I can do if I need urgent help

Someone I can ask to be with me

