At HOPELINE247 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 (HL247 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 your thoughts of suicide away, but it can remind you of your reasons for living and reasons for staying safe for now.

HOPELINE 247

Call: 0800 068 4141
Text: 88247
Email: pat@papyrus-uk.org

Available 24 hours a day, every day of the year (including bank holidays).

www.papyrus-uk.org