

Dear Friend

I'm not going to insult your intelligence by saying that I understand exactly what you're going through, nobody can. I can only imagine the pain and anguish you must be in to have reached this point. I don't know you, so I won't patronise you by saying I've been in the same place. That being said, I have been in an extremely dark place. I have felt sheer pain and desperation. I have believed that I was completely out of options and that there was no other way out. Does this sound familiar?

I came very close to the edge but in the end choose life over death, **I want you to do the same.**

I WANT YOU TO LIVE but much more importantly **I WANT YOU TO WANT TO LIVE**

However bad things seem there's always hope. Even though you may not see it right now, please don't give up.

Never fear shadows. They simply mean that there's a light somewhere nearby

Even a small star shines in the darkness.

I am grateful to you for taking time to read this, and the fact that you continue to read it, shows me that a small part of you, however tiny, is still wanting to reach out, and for that **I am so proud of you**

You may feel like a burden, like your family and friends would be better off without you here, **I PROMISE YOU THIS IS NOT TRUE.**

They would be astonished if they knew you felt this way.

Remember you are not alone, you are special, and your life matters to me. You have much more to offer than you realise. You are as important as anyone else, your life is precious.

Maybe it's time to close this chapter of your life and open a new one. I won't pretend it will be easy. It might even feel impossible at first, but please be patient with yourself and try to keep things simple. Don't look to far ahead, we can only control the here and now.

Every great journey begins with a single step, and you've took that first step today. You are brave and courageous for even reading this far.

You might not be ready to talk, let alone ask for help, but when you are, remember you're a good person and you deserve the best.

Sharing my feelings and unloading my bottled-up emotions was a great relief. It felt like a huge weight had been lifted and I could breathe again. I'm not saying it will be the same for you, but if you've reached rock bottom **what have you possibly got to lose?** Now the only way is up.

Let me help you to find the coping tools that work best for you. Allow me to be a part of your new journey. Below is my blog and email details, plus some other contacts that may be of benefit to you.

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