

To the struggling individual

I am writing to you as someone who has struggled with suicidal thoughts and attempts. I hope this letter helps you to fight and overcome these thoughts.

I found suicide as the only option to fix my problems and help my family. I hear a voice which is my wife's voice that told me to do these terrible things. My thoughts of suicide and my wife's voice fuelled each other.

One of the things that had a massive impact on my recovery was considering other people's views. For example everyone involved in my care all firmly agreed that suicide wasn't the answer and helped me to realise that for myself.

With their help I asked myself 'What if I didn't commit suicide? What would my life look like in few years' time if suicide wasn't an option? What would my Wife do if I wasn't here?' These kinds of questions planted a seed of hope for the future in my mind.

I also asked myself 'would I worry if my Wife struggled with these thoughts too? What if she succeeded?' All these questions helped me change my thoughts of suicide over time.

What watered this seed of hope and helped it grow was routine and things that I enjoy. For example taking my dog for a walk, doing some hobbies, doing jobs at home, taking my medication at a set time daily.

I realise now that patience and hope is what helped me through that point. These go hand in hand; I still hear my wife's voice and have occasional unwanted thoughts. Even so with the help I got from my loved ones and Mental health team I now have techniques that help me through these things.

These unwanted thoughts and my wife's voice may always be there, but that doesn't mean I can't have a full and content life.

You may think that you're not strong enough to fight this battle, but consider this. To me, you reading this letter shows that a part of you wants to overcome suicide, that alone is proof of your courage and proves that you have strength you may not realise you have. These overwhelming and crushing thoughts will try to beat you down, but with the help of others involved in your care you will gradually overcome this point in life and your hope for the future will grow.

I still have struggles in life, even so I can now say that I have overcome wanting to commit suicide.

These are just a few points that helped me in a massive way; there are many more ways that can help you too.

There is hope for your future.

Warm regards

Joshua.