

Suicide?

Hey, love! I understand that things aren't exactly going to well right now, but I'm here to tell you that committing suicide isn't the answer. I want to first say that you have come **way too far to give up now**. I know, your world is crashing down; you're tired of staying strong. I know love <3 *virtually hugs you* It hurts more than anything. But don't use that rope, put the pills back, set the knife down, don't jump. You have **too much to live for. Someone on this Earth loves you, and will be sooo hurt if you leave. Please, don't hurt them. Please.**

Why should you stay? Because it gets better. Pain ends. Recovery **is** possible. Because you still have strength left. Deep down in your heart, lies a glimmer of hope. I know that it looks dark now, but the path gets brighter. When you finally find true happiness, you'll be so thankful that you didn't kill yourself. Just wait...it's worth it. You are strong, not weak. You are not alone.

I. would. be. soooo. heartbroken. if. you. gave. up. Keep on going, I KNOW YOU CAN DO IT. I KNOW YOU CAN. You have fallen down, let me help you up. Need a crying shoulder? A friend? A hand? Hope? Inspiration? [I am here.](#) Tell me everything, I will listen. Okay?

Yes, some of my friends have tried to commit suicide. And if you don't believe that it affects the ones around you. You are wrong. The ones around you will cry, and cry, and cry. They may even give up too. They will grief for weeks on end. They might even cut themselves. Don't hurt them. Stay.

You and I both know there are so many good things in life, and that the bad things are just blocking your way right now. But tomorrow's a new day. Tomorrow will always be a new day. Okay? *hugs you*

Listen to me. I am here. I am ALWAYS HERE. Okay? Talk to me, vent to me, tell me how things are falling down, I will do my best to give you hope for the future.

Distractions:

- Read a good book
- Listen to music
- Sleep
- Watch TV/YouTube videos
- Laugh. Just laugh :)
- Play games
- Talk to friends
- Hang out with friends
- Message me :)
- Scroll through funny gifs
- Take a walk

- Take a long shower
- Tumble
- Snap a rubber band against your wrist
- Go outside and take a breath of fresh air
- Fangirl/Fanboy
- Join a fandom
- Skype/ooVoo a friend(s)
- Text people
- Call people
- Email people
- Talk to a counselor/therapist
- Draw
- Write
- Make Tumblr friends
- Call a hotline

Hotlines

USA:

Depression Hotline: 1-630-482-9696

Suicide Hotline: 1-800-784-8433

LifeLine: 1-800-273-8255

Trevor Project: 1-866-488-7386

Sexuality Support: 1-800-246-7743

Eating Disorders Hotline: 1-847-831-3438

Rape and Sexual Assault: 1-800-656-4673

Grief Support: 1-650-321-5272

Runaway: 1-800-843-5200 , 1-800-843-5678 , 1-800-621-4000

Exhale: After Abortion Hotline/Pro-Voice: 1-866-439-4253

UK:

Samaritans - 08457 90 90 90

Violence and Crime - 0845 30 30 900

Womens aid domestic violence helpline - 08457 023468

Health NHS direct (mental health/suicide) - 0845 46 47

CHILDLINE (young person or child helpline) - 0800 1111

Alcoholics anonymous - 0845 769 7555

Sexuality - (020) 7837 7324

Worried someone is having thoughts of Suicide - 0870 1704000

Anxiety - 0844 477 5774

No panic - 0808 808 0545

Frank (drugs) - 0800 77 66 00

International:

Argentina: 800 5555 5522

Australia: 1800 799 338

Austria: 800 5555 5522

Belgium: 800 5555 5522

Brazil: 0800 891 7391

Canada: 866 246 9224

China: 800 5555 5522

Colombia: 800 5555 5522

Costa Rica: 00 800 5555 5522

Denmark: 00 800 5555 5522

Finland: 800 5555 5522

Germany: 800 5555 5522

Hong Kong: 800 5555 5522

Hungary: 800 5555 5522

India: 000 800 1006 614

Ireland (Republic of): 800 5555 5522

Israel: 800 5555 5522

Italy: 800 5555 5522

Japan: 800 5555 5522

Luxembourg: 800 5555 5522

Malaysia: 800 5555 5522

Mexico: 001 800 514 3716

Netherlands: 800 5555 5522

New Zealand: 800 5555 5522

Norway: 800 5555 5522

Philippines: 800 5555 5522

Portugal: 800 5555 5522

Russia: 810 800 2643 1012

Singapore: 800 5555 5522

South Africa: 800 5555 5522

South Korea: 800 5555 5522

Spain: 800 5555 5522

Sweden: 800 5555 5522

Switzerland: 800 5555 5522

Taiwan: 800 5555 5522

Thailand: 800 5555 5522

United States: 866 246 9224

United Kingdom(includes Isle of Man and Channel Islands): 800 5555 5522