

# THE TOMORROW PROJECT

WORKING TOWARDS A BRIGHTER FUTURE

**Is life getting too much?  
Have you thought about ending it all?  
We can help**

The Tomorrow Project is a **confidential, community based suicide prevention service** that will help and support you in times of struggle. We are a **team of individuals** who understand despair. **Many of us have faced similar difficulties** and our service is here to help.

You can get in touch in whatever way feels most comfortable to you. If you contact us to tell us that you need our help, we will:

- Get back to you within one working day
- Arrange for you to meet up with a member of our crisis team
- See you regularly for a couple of weeks whilst things are difficult
  - Ensure that we support you through your crisis
- Help you to overcome practical and emotional issues and look at where else you can get the help you need to feel better
  - Listen to what you want



The Tomorrow Project



@lifevssuicide

If you are experiencing a suicide crisis, our team at The Tomorrow Project aims to respond to your needs sensitively and empathically. **We will listen, and we will try to understand what you are going through.** We want each person who contacts us to feel heard, and with your help, **we can work together to address your immediate needs and create a support plan that will keep you safe.**

We accept **referrals from you, your GP or other health professionals.** You can contact us in a range of ways including telephone, email, and even social media.

While these platforms are regularly checked for referrals, our opening hours are generally **9am-5pm, Monday – Friday** and we do not currently have a 24 hour crisis line.

If you are experiencing a suicide crisis outside of these hours, please contact **Samaritans for immediate support (116 123).**

**Don't give up just yet.**

**Come and meet one of our team and let's take it from there.  
Together.**



0115 880 0282

(Please leave a message and a crisis worker will call you back asap.)



[crisis@tomorrowproject.org.uk](mailto:crisis@tomorrowproject.org.uk)



[www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk)

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