

Need Help? - CALL

Samaritans

116 123 (UK)
116 123 (ROI)

PAPYRUS HOPELINEUK

under 35's suicide prevention helpline

Mon –Fri 10am-10pm
Weekends 2pm -5pm
Bank Holidays 2pm – 10pm
0800 068 4141

MindInfoline

0300 123 3393

Calm - 5pm - Midnight
0800 58 58 58

The Silver Line – for older people
0800 4 70 80 90

CAP Debt Management
01274 760720

Call - 111



© What If You Waited - All Rights Reserved – 2018
Church of the Redeemer Edgbaston

What

If



You

Waited?

Hand paint logo by -Clker-Free-Vector-Images

We all face a time in our lives where we feel scared, overwhelmed, anxious, hurt, grief, regret, pain and many other things and we may reach the point where we feel we can't go on any longer – **waiting for things to change seems just impossible BUT WHAT IF YOU DID WAIT?.....**

It is **HARD** to wait **BUT** in the waiting know that.....

- Things may not seem ok right now, tomorrow or next week **BUT** it **WILL** be ok again
- That it's ok **NOT** to be ok right now so take the pressure off of yourself
- Your life **MATTERS**even though it may not seem that way right now
- I know it seems impossible right now – but you **CAN** do this – look how far you have come
- The thoughts you are having are **JUST** thoughts – you have around 70 000 thoughts a day – you **DON'T** need to let this one control you
- We all make mistakes - you **CAN** forgive yourself and forgive others too – holding onto the baggage will only eat you away – it's ok to **LET IT GO**

Read my story at:

www.churchoftheredeemer.co.uk/what-if-you-waited

Waiting means **YOUR** possibilities are **ENDLESS.....**

- What are the things you have always wanted to do? - travel, study, change jobs, meet someone new etc. – **YOU CAN** do it –
- **CELEBRATE** the small things until those big things change - what is that **ONE** thing about today that was good?

What **YOU** can do while you **WAIT.....**

- Change the things you **CAN** and learn to be **CONTENT** with the things you can't – what can you change right now?
- **TELL** a professional or someone you trust how you are feeling - it is scary but it really does help
- Forget about tomorrow – just try to **FOCUS** on **TODAY** – sometimes we get too overwhelmed by the bigger picture
- Slow **DOWN** - what can you say **NO** to, to give you some rest time after work
- If things are feeling a little stressful – **WALK** away for a bit, doing this gives the chance to **CALM** down and **THINK** more clearly

YOUR LIFE MATTERS - Suicide Prevention

DO NOT COPY