

**ACTIVITY:** do something you enjoy

**BREATHE:** take deep breaths in and long slow breaths out

**CREATE:** find creative ways to express yourself, for example paint, draw, dance or sing

**DISTRACT:** keep yourself busy

**EXERCISE:** get moving through physical activity or sport

**FRIENDS AND FAMILY (AND PETS!):** spend time with loved ones

**GOAL SETTING:** break things down into small steps and focus on one thing at a time

**HELPLINE:** call for confidential help, advice and support (see the back of this leaflet)

**ICE:** cool down, have a shower, lower your temperature to help calm things down

**JOIN IN:** don't isolate yourself, connect with those around you

**KEEP THINGS SIMPLE:** prioritise what you need to do and let go of the rest

**LOOK FOR LESS HARMFUL**

**ALTERNATIVES:** what else can you do? Write a list of other options

**MUSIC:** listen to your favourite tunes

**NURTURE AND NOURISH:** look after yourself by eating and drinking

**OUTSIDE:** get some fresh air to clear your mind. Go for a walk

**PROBLEM SOLVE:** can challenges or barriers be overcome? Who or what can help you with this?

**QUIET TIME:** keep things calm and peaceful around you

**RELAX:** chill out, remind yourself that it won't always be this hard

**SUPPORT:** who's around you that you can lean on for more support?

**TEXT:** contact a mate or someone you trust

**USE YOUR TALENTS AND STRENGTHS:** focus on what you do well and do more of it

**VISUALISE:** a calm or happy place

**WRITE IT DOWN:** keep a diary, write a letter or a blog. Get it out of your mind and onto paper



## HOPELINEUK

0800 068 41 41

Telephone helpline providing support, advice and information to young people or those who are worried about them.

10am-5pm & 7pm-10pm (Mon-Fri)  
2pm-5pm (Sat & Sun)

## THE SAMARITANS

116 123

Confidential emotional support service for anyone in the UK.

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

24 hours a day, 7 days a week

## YOUNG MINDS PARENTS HELPLINE

0808 802 55 44

Free confidential support for any adult worried about the health, wellbeing or behaviour of a young person.

Email: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

9.30am-4pm (Mon-Fri)

## USEFUL SELF HELP WEBSITES:

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

[harmless.org.uk](http://harmless.org.uk)      [papyrus-uk.org](http://papyrus-uk.org)

[thecalmzone.org.uk](http://thecalmzone.org.uk)      [lifesigns.org.uk](http://lifesigns.org.uk)

## USEFUL SELF HELP APPS:

StayingAlive

MemoryStar

InHand

SAM

WellMind



Hampshire Child and Adolescent  
Mental Health Services

# A-Z OF COPING STRATEGIES

Here's a list of 26 ideas, strategies and techniques that might help you in a time of crisis.

Not all things work for all people but you won't know until you try.

Often the strongest urges to self-harm last about 15 minutes. If you can use some of these strategies to help you manage the first 15 minutes, the urges you experience may be at a more manageable or less upsetting level.

Service provided by Sussex Partnership NHS  
Foundation Trust

**XBOX OR OTHER GUILTY PLEASURES:**  
it's ok to have downtime

**YOU CAN DO IT!** You can cope, you will get through this. Believe in yourself

**Zzzzzzzzzzzzz:** sleep on it. Don't make any sudden decisions

Now you have tried these strategies, why not see if you can think of your own A-Z.

