



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

ZZZZZZZZZZ: 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.



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
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
9.30am-4pm (Mon-Fri)

USEFUL SELF HELP WEBSITES:
harmless.org.uk papyrus-uk.org
thecalmzone.org.uk lifesigns.org.uk

USEFUL SELF HELP APPS:
StayingAlive MemoryStar
InHand SAM
WellMind

NHS
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.

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

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)

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

