WRITE IT DOWN:

Keep a diary, write a letter or a blog. Get it out of your mind and onto paper

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

# **Z**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.



#### HOPELINE247 0800 068 41 41

Telephone helpline providing support, advice and information to young people or those who are worried about them. 24 hours a day, 7 days a week

# 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)

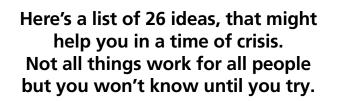
D0 YOU NEED FURTHER HELP? For **crisis helplines** and **mental health support** scan the QR code here:

#### FOLLOW US:

hampshire camhs innovation and events
@HANTS\_CAMHS
our\_mh\_space

Hampshire Child and Adolescent Mental Health Services

# A-Z OF COPING STRATEGIES



#### 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)



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?



EXT: 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