



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

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:
www.hampshirecamhs.nhs.uk
harmless.org.uk
thecalmlzone.org.uk
papyrus-uk.org
lifesigns.org.uk

USEFUL SELF HELP APPS:
StayingAlive
InHand
WellMind
MemoryStar
SAM

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

ZZZZZZZZZZZZ: 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.



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

