

## 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

## Zzzzzzzzzzz:

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](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)

## DO YOU NEED FURTHER HELP?

For crisis helplines and mental health support scan the QR code here:



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Hampshire Child and Adolescent  
Mental Health Services

# A-Z OF COPING STRATEGIES



Here's a list of 26 ideas, that might help you in a time of crisis. Not all things work for all people but you won't know until you try.

## 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