

**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





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

**HOPPELINEUK**  
**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)  
[thecalzone.org.uk](http://thecalzone.org.uk)  
[lifesigns.org.uk](http://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.

