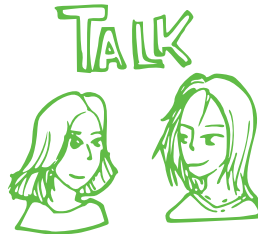


Distraction Techniques



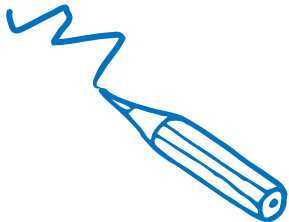
Talk to someone you trust



Listen to music



Journaling or writing a story



Colouring or drawing



Practice
mindfulness



Watch tv or a film



Play a game



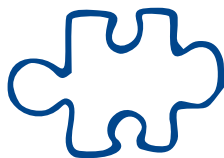
Reading



Do something you're
passionate about



Arts and crafts



Do a jigsaw puzzle or puzzle book

Grounding Techniques



Put your hands
in cold water



Have a hot or cold drink



Feel things
around you



Concentrate on
your breathing



Eat something
comforting



Smell your favourite scents



Listen to the sounds around you

Useful Apps



7 cups

Free anonymous emotional support and counseling



Daylio

Keep a personal diary without typing a word



Sam

Self help methods for anxiety



Headspace

Learn to relax with guided meditation and mindfulness techniques



Stay Alive

A pocket suicide prevention resource to help you stay safe



Calm Harm

Help with resisting or managing the urge to self harm



Elefriends

Supportive online community from the mental health charity MIND

Useful Contact numbers



Samaritans

Telephone: 116 123



SANEline

Telephone: 0300 304 7000

HOPELineUK

HOPEline UK

Telephone: 0800 068 41 41
or Text: 07786 209697



Young Minds Crisis Messenger

Text: YM to 85258

Sussex Mental Healthline

Sussex Mental Healthline

Telephone: 0300 5000 101



NHS 111

for non-emergency medical advice
Telephone: 111