

# Getting Grounded

**Coping Strategies and Self-Care**



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## Sensory Grounding

Grounding is a strategy that aims to connect us to the present moment and what is happening in the here-and-now through our body and its senses.



**Think more deeply about your senses:**

### SIGHT

- Focus on the objects around you. Notice the textures, colours, shapes, light and shadow. Notice symmetry, patterns or angles in what you can see.
- What sights soothe you? You could create a soothing space to look at using plants, decorations, photos or art.

### TOUCH

- Focus on the physical surfaces or objects around you. Consider the texture and the temperature.
- Do you like to fiddle and fidget? Do you prefer smooth or rough textures? Give yourself a mini hand massage, wear something comforting or find a favourite fidget toy.

### SOUND

- Focus on the sounds around you. Notice the pitch, tone and volume of the different sounds. Notice the duration of the sounds and how frequent they are.
- Do you have a favourite song or instrument? What sounds do you find calming? Create your own soothing playlist or experiment with listening to ASMR or white noise.

### SMELL

- Focus on any scents. Are they pleasant or unpleasant? Are they strong or not strong?
- Which smells are comforting to you? If you have a favourite perfume/aftershave, lip balm or scent, try to carry it around with you or dab an essential oil on the back of your hand.

### TASTE

- If you have something to eat (e.g., mints), focus on the tastes, textures and sensations.
- What are your favourite foods, flavours and tastes? Do you have any comfort foods? What is your favourite recipe?

## Mindfulness

Mindfulness means focusing on the present moment and experiencing the world in the 'here and now'. It is a way to separate ourselves from automatic and unhelpful ways of thinking and reacting.

Features of mindfulness include:

- Observing – shift your focus from thinking to simply observing thoughts, feelings and physical sensations with a gentle curiosity.
- Describing – notice the very fine details of what you are observing.
- Participating fully – consider the whole of your experience without excluding anything.
- Being non-judgemental – accept your experience, i.e., do not attempt to evaluate, control or avoid the experience.
- Focusing on one thing at a time – try not to follow distracting thoughts but if this does happen, acknowledge it and then gently return to observing your experience.

Practicing mindfulness can help train our attention and allow us to take control over what we focus on, rather than allowing our attention to be dominated by the things that distress us.

Some examples of mindfulness exercises:

### Mindful Breathing

- Start by breathing in and out slowly. One breath cycle should last for around 6 seconds.
- Inhale through your nose and exhale through your mouth, letting your breath flow freely.
- Let go of your thoughts. Let go of all the things you need to do and that require your attention. Let your thoughts come and go and be at one with your breath.
- Purposefully focus on your breath and how it enters and leaves your body.

### Mindful Observation

- Choose a random object in your immediate environment and focus on it.
- Relax into watching the object for as long as your concentration allows.
- Look at this object as if you are seeing it for the first time.
- Visually explore the object's every feature, e.g., its shape, colour and texture.
- Allow yourself to connect with its energy and its purpose within the natural world.

### Mindful Listening

- Choose a piece of music that you have not heard before.
- Close your eyes and put some headphones on.
- Ignore any information about the music such as its genre, title or artist. Allow yourself to get lost in the sound for the whole song.
- Explore the song by listening to the different instruments, focus on the range and tones of the voice and notice any changes in dynamics and rhythm.

### Mindful Walking

- Before beginning your walk, stand still for a few moments and focus on your breathing. Notice how your entire body is feeling.
- As you begin to walk, focus on the movements and sensations in your body.
- Notice the way you carry your body, e.g., the feelings in your feet, legs, arms and head. Do you slouch when you walk or is your back straight? Do you take big or small steps? Try not to change the way you walk, but instead just notice how your body naturally moves.
- Open your attention to the things around you. What can you see, hear, touch or smell?

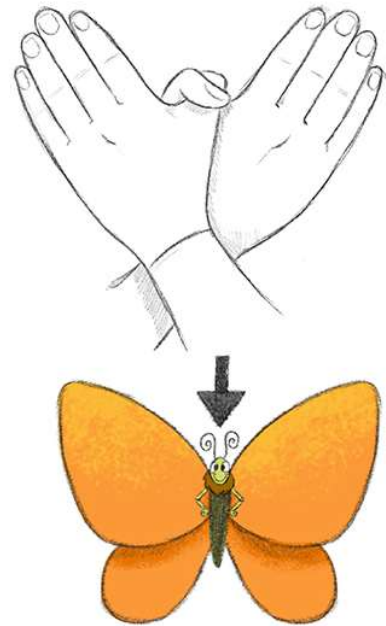
## Body Breaks

### Butterfly Hug

Place one hand over the centre of your chest. Place the other hand on top of the first, pressing gently into the chest for more contact. Hook your thumbs together. Fingers will be pointing diagonally up towards your collarbone. Feel the warm pressure of your hands as you breathe deeply.

Experiment with:

- Holding your fingers still
- Giving yourself a gentle massage with your fingers, hands remaining in place
- Gently tapping right fingers and then left fingers



### Pretzel Pose

Sit comfortably. Stretch out your arms with the backs of your hands facing each other. Cross your hands over so that your palms are touching. Interlace your fingers. Flip your hands and pull them into your chest so you end up with your elbows tucked into your sides and your hands crossed under your chin. Then, cross your ankles. Sit and breathe.

This pose provides comforting pressure to help you feel safe and gives you something to focus on.

### Seated push-up

Sit on the floor with your legs crossed or in a chair with your feet flat. Push on the floor or on the chair with flat palms. Hold for five to ten seconds. Make sure not to lift your body too far off the floor or chair.

### Wall push

Push your back against a wall or face a wall and push against the wall with your hands, bracing your legs. Hold for 30 seconds and exert as much energy into your large muscles as you can.



## Visualizing Emotions

Begin by choosing a negative feeling or emotion, then write or draw your answers to the following questions:

<b>If your feeling had a shape, what would it be?</b>	<b>What colour would it be?</b>	<b>What is the texture? What would it feel like?</b>
<b>What would it sound like?</b>	<b>If your feeling was a weather condition, what would it be?</b>	<b>What size would it be?</b>
<b>If your feeling had a place in your body, where would it be?</b>	<b>If your feeling was an animal, what kind of animal would it be?</b>	<b>If it could say something, what would it say?</b>

Now, think about what this might look like when feeling happy or calm:

<b>If happiness/feeling calm had a shape, what would it be?</b>	<b>What colour would it be?</b>	<b>What is the texture? What would it feel like?</b>
<b>What would it sound like?</b>	<b>If happiness/feeling calm was a weather condition, what would it be?</b>	<b>What size would it be?</b>
<b>If happiness/feeling calm had a place in your body, where would it be?</b>	<b>If happiness/feeling calm was an animal, what kind of animal would it be?</b>	<b>If it could say something, what would it say?</b>

## Happy Place

Build your own personal sanctuary. Spend some time thinking of the different things that you need to feel safe, relaxed and comfortable. Think creatively about what your happy place might look like. Try not to worry about rules or logic here, this is your happy place.

- Where is your happy place?
- What things do you see?
- What sounds do you hear?
- What do you smell?
- What do you taste?
- What can you feel or touch?

Once you have imagined your own happy place, you can choose to spend time there whenever you want. Redecorate and mix things up as often as you need to.

Draw your happy place here:





## My Support Circle

Visualise your support network. Sometimes we get so caught up in our worries or thoughts that we feel alone, which can make things seem more overwhelming. Create your own support circle to explore the important relationships in your life and to remind yourself of who is there for you.

1. Write your name in the centre of the circle.
2. Write the names of the people you are closest to in the second circle, e.g., these could be the people you can talk to when you have a problem.
3. In the third circle, write the name of people that you can turn to but aren't as close to you as those in your inner circle, e.g., friends or family that you see occasionally.
4. In the fourth circle, write in the services and organisations that are there to support you, e.g., GPs, schools, charities and helplines.



## Support Network Bingo

Your support network might be more helpful than you realise. Whilst we often turn to those in our network when we are finding things difficult or have a problem to solve, our supporters can also help us celebrate our achievements, learn new things and see new possibilities for the future. Who could you turn to, to help you in the following ways? Fill in the boxes below:

**Who could you turn to if you needed cheering up?**

**Who usually gives you the best advice?**

**Who do you have the most fun with?**

**Who would be good at helping you to solve a problem?**

**Who would be good at reminding you of your strengths?**

**Who would you turn to if you were worried?**

**Who could you talk to if you were frustrated about something?**

**Who could help you celebrate your achievements?**

**Who would you talk to if you were in urgent need of help?**

**Who do you feel you can be yourself around the most?**

**Who would you go to for a hug?**

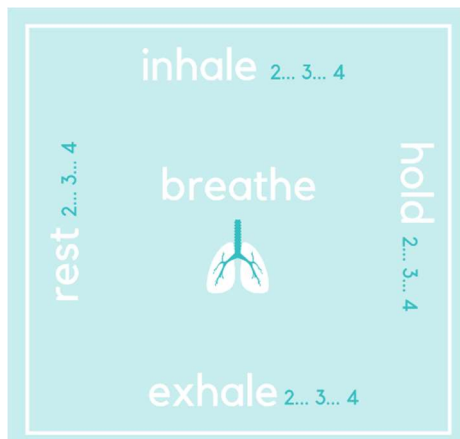
**Who would you share good or bad news with?**

## Breathing Exercises

There are many physical signs of anxiety, but one of the most distressing can be a shortness of breath or changes to the regularity of our breathing.

By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused.

### Square breathing



To start, slowly exhale all of your air out. Then, gently inhale through your nose to a slow count of 4.

Hold at the top of the breath for a count of 4. Then, gently exhale through your mouth for a count of 4.

At the bottom of the breath, pause and hold for the count of 4.

Repeat for as long as you need.

### Rainbow breathing

Create your own picture of a rainbow (ensure you have at least 5 colours).

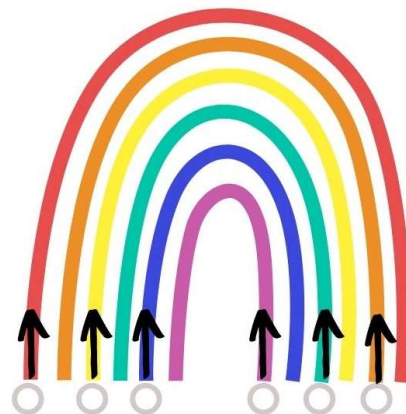
Sit comfortably with the rainbow picture in front of you.

Place a finger at the left hand, bottom end of the rainbow on the red arc.

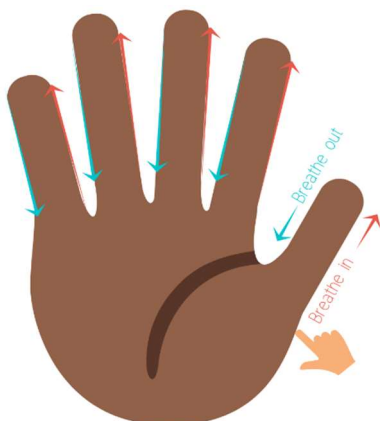
As you trace your finger along the rainbow take a deep breath in through the nose until you reach the middle.

When you reach the middle, begin to exhale through the mouth as you trace to the end of the rainbow.

Repeat for each colour of the rainbow.



### Five finger breathing



Stretch your hand out so that you have space between your fingers.

Hold up your pointer finger from your other hand. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your nose.

When you get to the top of your thumb, slowly breathe out through your mouth as you trace down the other side.

Repeat for all fingers until you have traced your whole hand.

## Progressive Muscle Relaxation (PGMR)

Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body. In progressive muscle relaxation, each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation. Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries, you may wish to leave out that part of the exercise.

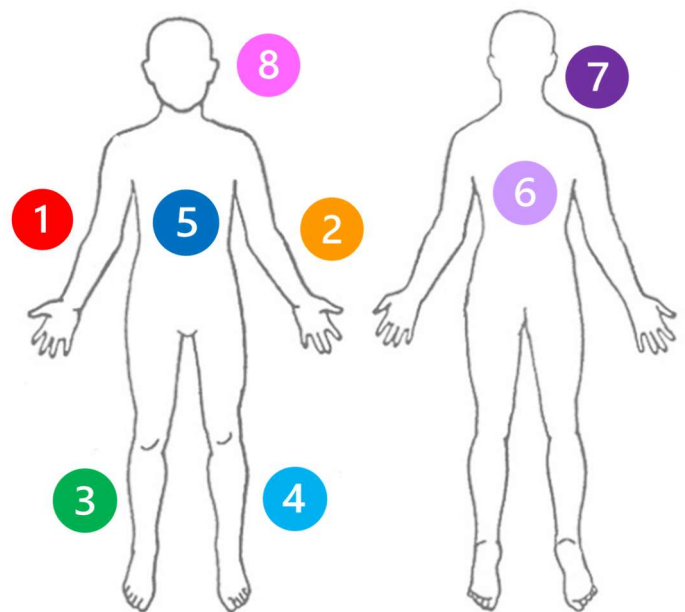
**Preparation:** Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

**Instructions:** Focus your attention on different parts of your body in the sequence. Go through the sequence three times.

- Tense & release: Tense that body part, hold it for a few moments, then relax.
- Lightly tense & release: Tense that body part with just enough tension to notice, then relax.
- Release only: Just pay attention to each muscle group and decide to relax it.

### Recommended sequence:

1. Right hand and arm  
(clench the fist and tighten the muscles)
2. Left hand and arm  
(clench the fist and tighten the muscles)
3. Right leg  
(tense the leg, lifting the knee slightly)
4. Left leg  
(tense the leg, lifting the knee slightly)
5. Stomach and chest
6. Back muscles  
(pull the shoulders back slightly)
7. Neck and throat  
(push the head back slightly)
8. Face  
(scrunch up the muscles in your face)



You can also visit YouTube and follow along with progressive muscle relaxation videos.

Why not try:

<https://www.youtube.com/watch?v=ihO02wUzgkc>

## **Distraction Techniques**

Emotions have a powerful effect on our ability to concentrate and pay attention. They do this by taking control of our 'spotlight of attention' and shining it onto the things that the emotion tells us are important. This is a normal part of how the mind works and can be helpful if our emotions are bringing our attention to important things at the right time. However, it can also be unhelpful. This is most obvious when emotions are too intense, when it often feels like we can't focus on anything other than the thing that has made us feel anxious or overwhelmed.

Distraction is a common coping strategy that involves shining the spotlight of attention away from a situation or emotion if it doesn't help us. It is a useful strategy for dealing with intense emotions such as anxiety.

**Alphabet categories – pick a category and name things belonging to that category with each letter of the alphabet**

**Spell your full name or the names of people you know/celebrities backwards**

**Count backwards from 100 in increments of 7**

**Describe an everyday activity in great detail, e.g., the steps involved in making your favourite meal**

**Pick a colour and name everything in your environment of that colour**

**List your favourite things. What is your favourite food? Film? Travel destination? Song?**

## Affirmations

We all have an inner voice in our heads. We hear neutral thoughts like “I need to go to the toilet”, positive thoughts like “I did a great job!” and negative thoughts like, “I’m not good enough”.

Thoughts that get repeated the most change the structure of our brains, e.g., by strengthening the connection between the brain cells responsible for that thought pattern. When you pay more attention to your negative thoughts, you strengthen those brain cells and will hear those messages more often. However, you can re-train your brain to strengthen your positive thought patterns instead.

### What are affirmations?

Affirmations are encouraging messages you speak, write or think to yourself to support yourself and interrupt negative thought patterns.

### Creating your own affirmations

Choose a statement from those below or make one that means more to you. Use a statement that starts with “I” and use the present tense.



**My affirmations**

### Practice

Set aside time each day to practice affirmations. Choose a morning time and an evening time that work for you. Also use these whenever you notice you have that negative thought.

### Take action

Your brain needs proof that these positive thoughts are true. To prove your negative thoughts wrong, you must act in a way that proves your encouragements are right!



## Positive Coping Statements

Positive coping statements encourage us and help us cope through distressing times. We can say these encouraging words to ourselves and be our own personal coach. We have all survived some very distressing times, and we can use those experiences to encourage us through current difficulties.

**It's okay to have a not-okay day.**

**I've dealt with harder situations, and I know it will get better.**

**Just because I'm thinking something, does not make it true.**

**This feeling is uncomfortable, but it will pass.**

**It's not that great right now, but it's not the worst thing either.**

**Not everything will go my way, but I can be flexible.**

**I am safe and not in any danger.**

**This hurts, so I need to be extra kind towards myself.**

**My thoughts are not facts.**

**I can learn from this, and it will be easier next time.**

Write down a coping thought or positive statement for each difficult or distressing situation – something you can tell yourself that will help you get through. Write them on a piece of card and carry it in your pocket to help remind you.

Difficult or distressing situation	Positive coping statement

## Problem-Solving

If you're struggling with a problem, use this technique which helps to break the problem down, put things into perspective and solve it in a more manageable way. Problems can feel overwhelming and it's easy to put them off. However, it's much better in the long run to solve the problem as soon as possible rather than put it off until a later date.

### Step 1 – Identify the problem

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### Step 2 – Brainstorm solutions

These can be creative and fun! Try for at least five possible solutions.

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	

### Step 3 – What are the strengths and weaknesses of each solution?

Solution	Strengths	Weaknesses




**Step 4 – Decide on the best solution**

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**Step 5 – Plan the solution**

Including steps: when, where, what, who.

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**Step 6 – Do it!**

**Step 7 – Review the outcome**

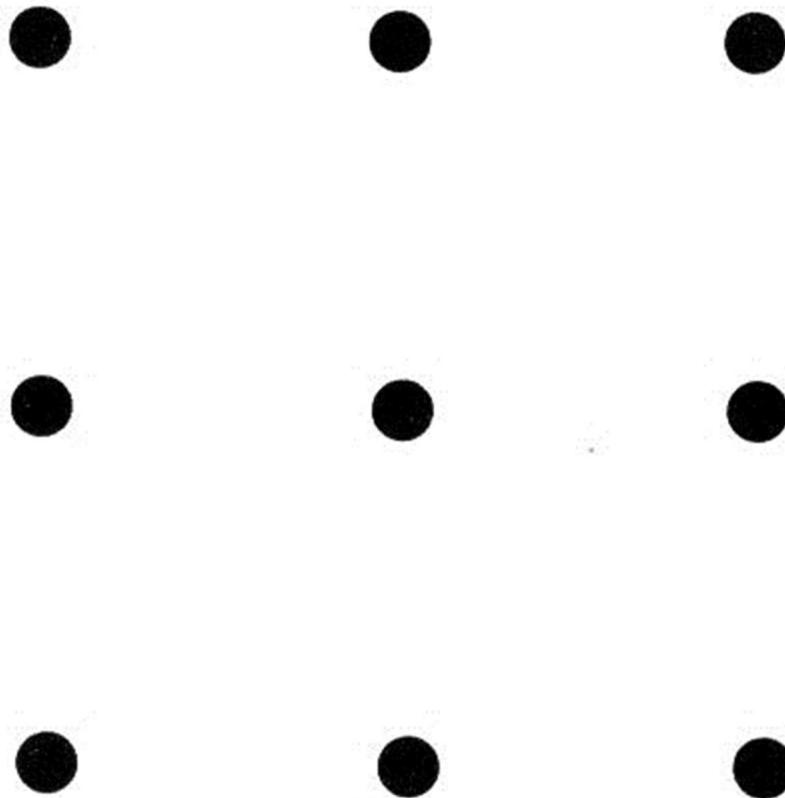
What went well? What did not go so well? Do I need to try a different solution?

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## Stepping Outside the Box

When you feel boxed in by not knowing how to get out of a bad situation, or solve a problem, or are feeling overwhelmed, you can step outside the box and exercise your creativity.

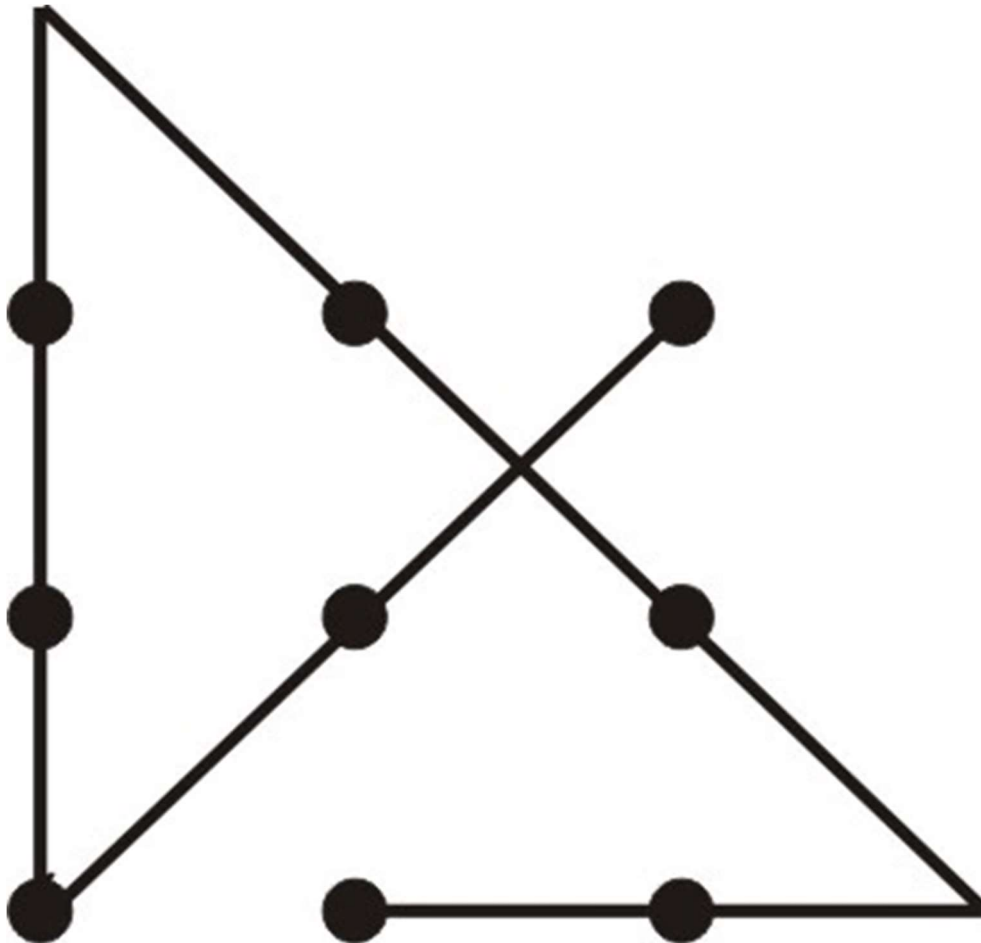
Connect these dots using only 4 straight lines. Do not lift your pencil and do not retrace over any of your lines.



Most people approach the exercise thinking that they need to stay within the lines of what they perceive as a box around the nine dots.

This activity asks you to see differently than you usually do, to shift your perspective away from the way you normally react to a situation, instead to step outside the box!

**Answer:**



# STOPP

**STOP!**



- Just pause for a moment.
- Say it to yourself or in your head as soon as you notice your mind and/or your body is reacting to an anxiety trigger.

**TAKE A BREATH**



- Notice your breathing as you breathe in and out.
- Slowly breathe in through the nose, out through the mouth.
- Perhaps try a breathing exercise.

**OBSERVE**



- What thoughts are going through your mind?
- What are you reacting to?
- What sensations do you notice in your body?

**PULL BACK:  
PUT IN  
PERSPECTIVE**



- Reframe the situation.
  - What would I say to someone else having this thought?
  - What would I say to someone else in this situation?
  - What would someone I care about say to me if they knew I was having this thought?
  - What would someone who was feeling happy, neutral or confident think about this?
- Take the helicopter view.
  - We tend to see life, and all the things that happen to us, through our own particular lens. We have our own point of view, and our own 'take' on events. If this angle is always a negative/biased it can lead to feelings of anxiety and low mood. Therefore, it can be helpful to see things from a different point of view.
- How much will this matter in X amount of time?

**PRACTISE WHAT  
WORKS: PROCEED**



- What is the best thing to do right now?
- What can I do that fits with my values?
- Do what will be effective and appropriate.

## How to use **STOPP**:

- Read through the steps often to familiarise yourself with them.
- Practice STOPP fully by running through the technique several times a day, even if you don't need it.
- Start to use it for the little things that overwhelm you/make you feel anxious.
- If you find you are struggling a bit maybe carry around a reminder of STOPP you can use to guide you.
- Gradually, you will find that you can use it for bigger situations. It will become automatic over time.
- The earlier you use STOPP, the easier and more effective it will be.

## Quickfire Strategies for Different Feelings

There are lots of different ways that we can cope with difficult thoughts, feelings and situations. Listed here are a wide range of ideas. Some of these ideas will seem like a perfect fit, whilst others will seem ridiculous to you, it's just about finding what works for you, we're all different.

### Strategies for when you're feeling angry or restless:

- Scribble on photos of people in magazines
- Have a pillow fight with the wall
- Scream very loudly
- Tear up pieces of paper
- Go to the gym, dance, exercise
- Listen to music and sing along loudly
- Draw a picture of what is making you angry
- Pop bubble wrap
- Scribble on a piece of paper until the whole page is black
- Write your feelings on paper then rip it up
- Stamp your feet
- Throw lumps of ice at the ground and watch them smash

### Strategies for when you're feeling down or alone:

- Look at photos of friends and family
- Think of the best day ever
- Reread a favourite childhood book
- Listen to a 'feel good' playlist of songs
- Call or text a friend
- Buy a cuddly toy
- Watch a favourite tv show or film
- Remember a happy moment
- Treat yourself to your favourite food
- Think about the future and the things you would like to do
- Let yourself cry
- Play with a pet
- Have a bubble bath
- Go outside
- Do some exercise

### Strategies to give a feeling of control:

- Put your books in alphabetical or colour order
- Plan your diary for the next week
- Build something intricate like a Lego model
- Bake something
- Move the furniture in your bedroom
- Clean your room
- Complete a puzzle

### Strategies that are silly/a bit of fun:

- Use a voice-changing app or Snapchat to repeat back your worries/negative thoughts in the voice of a silly character
- Blow bubbles
- People-watch with a friend and make up stories about everyone you see
- Do karaoke
- Draw faces on fruit and vegetables
- Make funny faces in a mirror

### Strategies for when you're feeling panicky or scared:

- Listen to soothing music
- Meditate or do yoga
- Name all of your cuddly toys
- Hug a pillow
- Do a "reality check list" – write down all the things you can list about where you are not (e.g., 'It is 9<sup>th</sup> May 2023, I'm in my kitchen and everything is going to be okay').
- Drink herbal tea
- Feel your pulse to prove you're alive
- Put your feet firmly on the floor
- Touch something familiar/safe

## Goal Setting

Setting goals can help us outline the things we would like to change or work towards. We may set different goals for our education, career, social life, hobbies, family life and wellbeing.

Setting goals can help us identify the things that are important to us, develop our strengths, provide extra motivation and encouragement and can keep us feeling more stable and organised.

Working towards goals can provide us with a dopamine boost (the “feel-good” neurotransmitter).

To make goal setting effective, we can set SMART goals. These types of goals can help keep us focused and motivated and improve our ability to reach them.



Set an initial goal:

	Use this space to write and then refine your goal according to SMART.
<b>S</b> pecific <i>What is the exact goal that you are trying to achieve?</i>	
<b>M</b> easurable <i>How will you be able to see that you are making progress?</i>	
<b>A</b> chievable <i>Is this a goal that you think you can actually reach?</i>	
<b>R</b> elevant <i>Is this something that's important to you right now?</i>	
<b>T</b> imely <i>When do you think you'll be able to reach your goal?</i>	

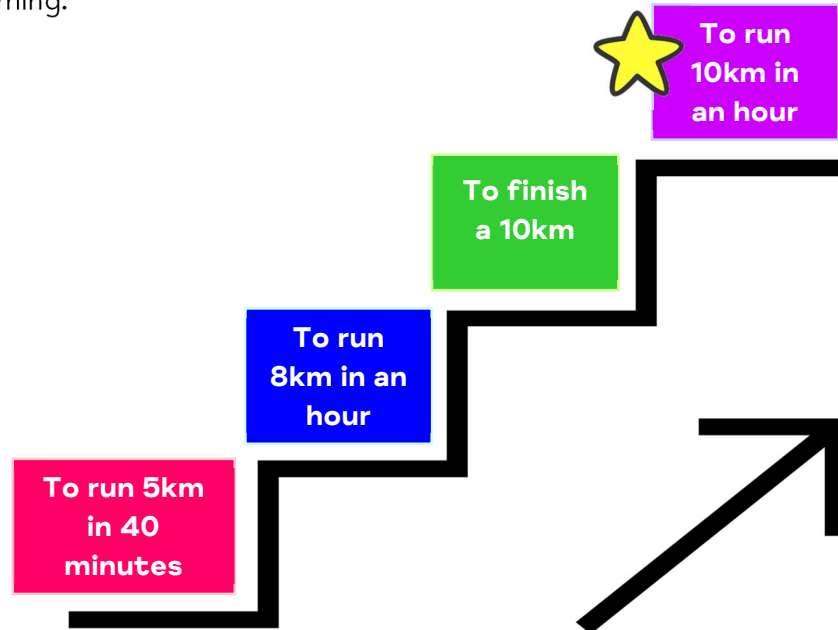
My SMART goal is:

## Breaking down goals

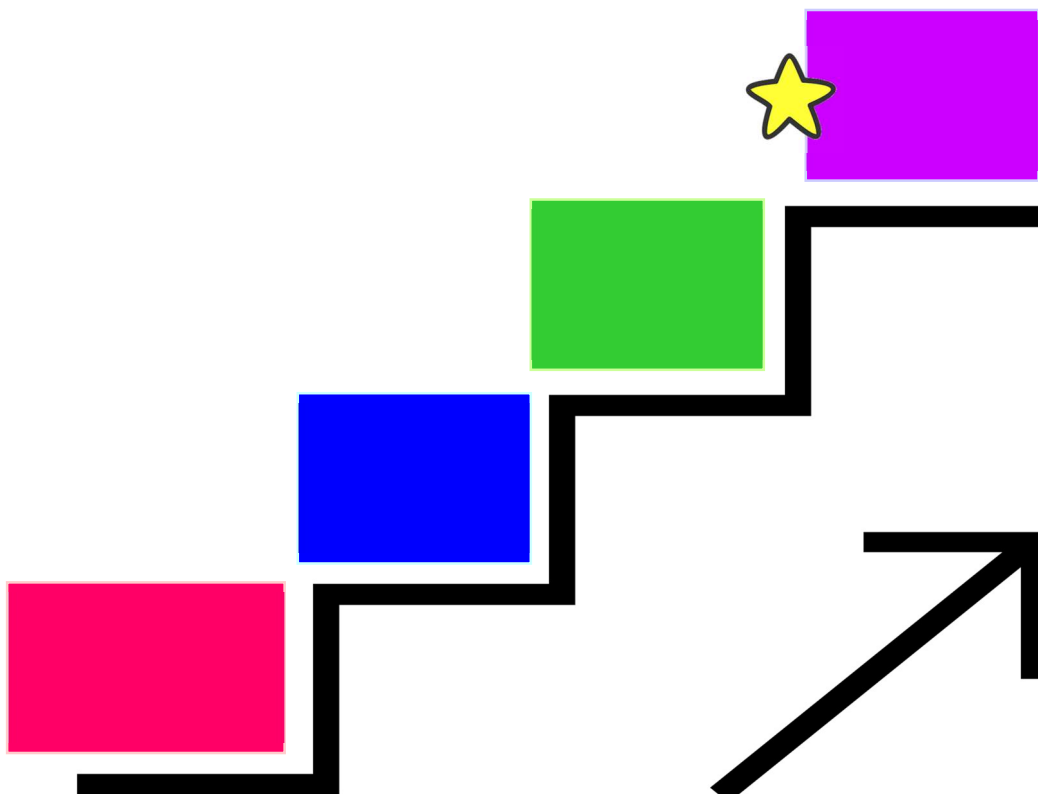
Once we have our main goal, we may find that we need to break this down into further actionable steps. This can help with:

- Reducing likelihood of procrastination – this is because we tend to procrastinate when things seem hard but breaking goals into tasks makes things easier.
- Creating momentum – each step we complete makes the next step easier to tackle. This because after each step we build skills, acquire knowledge and build confidence.
- Reducing stress – creating smaller steps means not having to tackle everything all at once which can feel overwhelming.

For example:



Breaking down my goal:



## BACE

Our mood can be greatly affected by what we do. To maintain a healthy sense of wellbeing and ensure that we are looking after ourselves, we need to balance what we do.

We can use the acronym BACE to help us. A routine that has activities across all BACE categories is good for us because it releases good chemicals in our brain (the body's natural painkillers).

- Exercise = endorphins
- Achievement = dopamine
- Connecting with people = oxytocin
- Physical activity = serotonin



It's easy to forget that it takes time to take care of our bodies.

Could you be paying more attention to sleep hygiene, healthy eating, and exercise?

Body care also includes the things that help us feel good, like showering and brushing our hair, or putting on an outfit that makes us feel happy.

**What can I do to look after my body?**



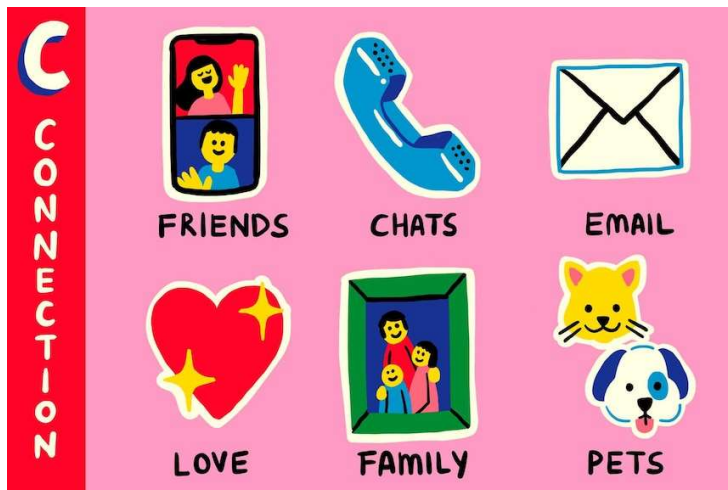
We feel good about ourselves when we have accomplished something.

What gives you a sense of satisfaction? You can also feel a sense of achievement by completing tasks that you've been putting off for a long time.

Be they long-term goals you're working towards, or small things that just need to get done, a sense of achievement will give you momentum to achieve more.

**What can I achieve?**





Very often when we're struggling with our mental health, we can withdraw and isolate ourselves and neglect our relationships. Because of this, it is important to do the opposite and connect with others.

It might be a video chat with a friend, going out for the day with you family or saying hello to a neighbour.

**How can I connect?**



When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the fun and enjoyable activities. We tend to keep doing those things that drain and deplete us, but neglect those that we enjoy and which energise and nourish us.

Aim to do more enjoyable activities. Maybe something you used to enjoy doing or something new you'd like to try.









**What do I enjoy?**

Once you have brainstormed your BACE activities, it can be helpful to write them down in a weekly planner/your phone calendar to record when you're going to do these activities, so you know exactly how much time to devote to them and ensure you're getting a balance. For example:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Tidy room		Homework	Call Grandma	Homework	Netball	Homework
Afternoon	Baking	Out with friends		Cinema	Shopping		Out with family
Evening	TV		Gym		Bath	Paint my nails	

## Sleep Hygiene

Mental health problems can affect how well you sleep, and poor sleep can have a negative impact on your mental health. To sleep well we need to get the basics right. Sleep hygiene factors involve the things we do in the day and at bedtime to prepare ourselves for a restful night's sleep.

Sleep hygiene factor	What do I do now?	What do I want to change?
How do you wind down for bed? A good wind-down routine includes relaxing activities, e.g., reading, having a bath or listening to music. 		
Do you consume alcohol, caffeine or nicotine before bed? It is best to avoid these substances for at least 4-6 hours before bed. 		
Do you get exercise during the day? Exercise just before bed should be avoided, but exercise during the day can help us feel rested and ready for sleep. 		
Do you only go to bed when tired? This will maximise the chance of you falling and staying asleep. 		
Do you use your bed for other activities such as watching tv? Bed is best kept for sleep. 		
Are you comfortable in bed? A comfortable bed and quiet, tidy, dark, cool room can improve sleep. 		
Do you clock-watch? Paying attention to the time can make you worry and keep you awake. 		
Do you lay in bed awake at night? If you can't fall asleep within 20 minutes, get up and do something calming or boring until you feel sleepy and try again. 		

## Further Support and Information

### Online, Phone and Email Support

**Childline:** 0800 1111

Free anonymous phone call. They are there to listen and support you with anything you'd like to talk about. 24/7 service.

**Samaritans:** 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

Free anonymous phone call. They are there to listen and support you with anything you'd like to talk about. 24/7 service.

**SET CAMHS:** 0800 953 0222 (under 18)

Free to contact Monday to Friday between 09:00-17:00.

**NHS:** 111, press 2 for mental health crisis

24-hour service for people in a mental health crisis. Specially-trained mental health staff will speak to you and discuss with you your mental health care needs.

**Papyrus:** 0800 068 4141 or text 07860039967

Confidential suicide prevention advice for you or a young person you know. Open every day from 9am-midnight.

**SHOUT:** text SHOUT to 85258

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

**Kooth:** Join [kooth.com](https://kooth.com) to access chat service

Online mental wellbeing community. Access free, safe and anonymous support. They provide an online chat service.

### App Support

**Stem4.org.uk or your app store:**

**CalmHarm:** Support to manage or resist the urges to self-harm.

**ClearFear:** Support young people to manage symptoms of anxiety.

**MoveMood:** Support young people to manage low mood and depression.

**CombinedMinds:** Support family and friends to provide mental health support.