

MAKING A COPING SKILLS CHART

A little depressed and anxious	Starting to hate myself, say bad things, feel shaky and agitated	Wanting to hurt myself, feeling like no one cares; I'm all alone	Starting to feel suicidal, having fantasies about my funeral	Hoarding pills, buying razor blades; know that I'm not safe
Use distraction	Remember to breathe!	Find someone to talk to, even about the weather	Use Safety Nets	Talk to a safe person
Go for a walk	Go over Solutions List	Try not to be alone	Remember this is my way of coping with pain	Ring NHS 111 Option 2
Listen to music	Try to relax		Remember that the pain will pass	Give to someone the things you shouldn't have right now
Read a magazine				

This is just an example – create an individualised version with your client, discussing what would be most helpful for them

Credit: Janina Fisher