

YOUTH MENTAL HEALTH SELF-HELP STRATEGIES & COPING SKILLS



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Hotlines

- Suicide & Crisis Line: Call or Text 988
- Crisis Text Line: Text "MHFA" to 741741
- Trevor Project (LGBTQ+): 1-866-488-7386
- National Teen Dating Abuse Helpline: 1-866-331-9474 TTY: 1-866-331-8453
- Greater Charlotte Hope Line: 980.771.4673 (Domestic Violence & Sexual Assault)
- National Self-Harm Hotline: 1-800-366-8288
- Teen & Young Adult HelpLine: Text "Friend" to 62640 or call 1-800-950-6264
- National Runaway Safeline: 1-800-786-2929
- National Eating Disorder Information and Referral Line: 1-800-931-2237

Reach Out

- Text or call a friend
- Reach out to a family member
- Reach out to your therapist or other mental health provider
- Be with other people with love and care for you
- Ask for a hug

To Calm Down

- [Breathing Exercises](#)
- Watch a favorite TV Show
- Listen to soothing music
- Take a warm shower or bath
- Play/cuddle with a pet
- Go for a walk
- Make fists, count to 5, then release fully (repeat)
- Stretch
- Meditate/Pray
- Walk around barefoot in grass
- Squeeze/Play with Clay
- Humming
- Color a picture/coloring sheet
- Find a soothing scent (candle, lotion, etc.)
- Talk to yourself (out loud) in a soothing positive voice
- Lay under a heavy pile of blankets
- [Try a Butterfly Hug](#)

Release Anger

- Go for a run
- Rip paper into tiny pieces
- Throw ice at a sidewalk/brick
- Scream into or punch a pillow
- Scribble hard with a fist full of crayons
- Take a cold shower
- Use a pillow to hit a wall, pillow-fight style
- Stomp your feet on the ground

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Distract Yourself (Short-Term)

- Do a puzzle
- Watch a movie/show
- Paint your nails
- Go on a bike ride
- Bake cookies
- Rearrange your room
- Clean something
- Watch funny videos on TikTok/YouTube
- Build something
- Practice a favorite hobby

Express Yourself

- Draw or paint a picture
- Journal
- Dance
- Make a Playlist
- Let yourself cry
- Use the [Feelings Wheel](#) to identify how you're feeling
- Call the Venting Hotline: 1-805-242-8368

Feeling Panicked?

- Eat something sour, like a "Warhead" candy
- [Breathing Exercises](#)
- [5-4-3-2-1 Grounding Exercise](#)
- [Progressive Muscle Relaxation](#)
- Hold a glass of ice water in your hands (or just ice)
- Sit or lay on the ground

Avoid Self-Harm

- Draw on yourself with red marker
- Apply fake tattoos
- Squeeze ice in your hands
- Bite a hot pepper or chew on a piece of ginger root
- Place bandaids where you want to self-harm
- Punch a pillow/something soft

Follow on Social Media

- @art_therapy_irl
- @enkindle_mentalhealth
- @frankiedoodledandy
- @jazzthornton
- @theopeninvite
- @thatgoodnewsgirl
- @weratedogs
- @areyouhappyofficial