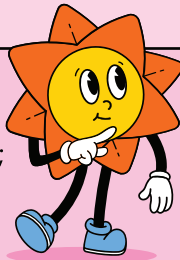


Coping skills

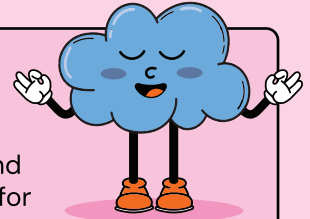
Coping is how we draw on the inner strength that keeps us going, even when we might feel like giving up. Healing isn't a straight line — there will be ups and downs. So, you may have to try out a few coping strategies before you find something that clicks.

Here are some ideas:

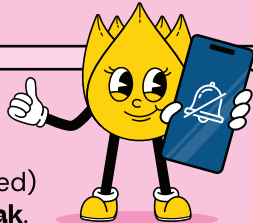
Ground yourself. Take a deep breath and name **5** things you can **see** around you; **4** you can **touch**, **3** you can **hear**, **2** you can **smell**; and **1** you can **taste**.



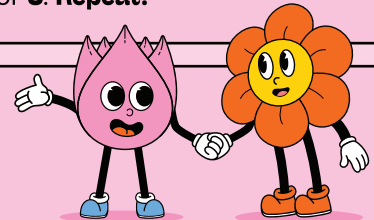
Breathe. The **4-7-8** breathing technique can help with stress and even sleep. Breathe in for **4** seconds, hold for **7**, breathe out for **8**. **Repeat!**



Pause. Take a (short or extended) **social media break**.



Express yourself and your feelings. Draw, journal, reach out to a friend and more.



For more resources and info, visit **NeveraBother.org**

Remember, you are *never* a bother.

Sometimes it feels like the world isn't listening and no one understands. But you're not alone — friends and trained pros can help. They can reconnect you with your reasons to keep going.

If you or a friend are having thoughts of suicide, get help now.

Call or text the Suicide and Crisis Lifeline at 988, 24 hours a day, 7 days a week.

Call Teen Line at 1-800-852-8336 (6 PM–10 PM PT) or text TEEN to 839863 (6 PM–9 PM PT).

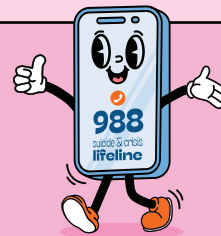
These services are 100% free of charge, confidential and judgment free.

You will:

- Be connected to caring trained pros
- Be heard and understood
- Be asked some questions about yourself (but answering is optional!)
- Receive support and resources

You will not:

- Be required to provide information you don't want to
- Be judged for your feelings



You can also reach out to a trusted friend, family member, teacher or counselor. Visit **NeveraBother.org** for additional resources and details on what happens when you contact 988, Teen Line and more.