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COUNSELLING

Crisis Resources & Grounding Techniques

How to Use This Guide

When you need this:

- Everything feels overwhelming and too much
- Having thoughts of self-harm or suicide
- Panic attacks or severe anxiety
- Complete emotional shutdown
- When you can't think clearly but need help

How it works:

- Start with safety first - are you in immediate danger?
- Use grounding techniques to bring you back to the present
- Reach out for support - you don't have to cope alone




- Keep this handy - screenshot it, print it, bookmark it

ADHD-friendly tips:




- Focus on just one technique at a time
- It's okay if some don't work for you
- Your safety matters more than anything else
- You're not broken - you're having a human moment

IMMEDIATE SAFETY CHECK

If you're in immediate danger or planning to hurt yourself:





-  Call 999 or go to A&E immediately
-  Call Samaritans: 116 123 (free, 24/7)
-  Text SHOUT to 85258 (free crisis text support)

If you're safe but struggling:

-  Text/call Jessica: 07530953169
-  Use the grounding techniques below
-  Reach out to someone you trust

5-4-3-2-1 Grounding Technique

Look around and name:

-  5 things you can SEE (clock, chair, your hands, etc.)
-  4 things you can HEAR (traffic, birds, your breathing)
-  3 things you can TOUCH (your clothes, a wall, your phone)
-  2 things you can SMELL (coffee, soap, fresh air)



1 thing you can TASTE (mint, water, gum)
This brings your brain back to the present moment.



Ice Cube Technique

When emotions feel too big:



Hold an ice cube in your hand



Focus on the cold sensation



Notice how it melts



Let the intense feeling pass like the ice melts

Alternative: Cold water on your wrists or face



Box Breathing

When panic hits:

1. Breathe IN for 4 counts
2. HOLD for 4 counts
3. Breathe OUT for 4 counts
4. HOLD for 4 counts
5. Repeat 4 times



Think of drawing a box with your breath.



Movement Grounding

When you feel disconnected from your body:

- ☐ Stamp your feet on the ground
- ☐ Clap your hands together

- ☐ Stretch your arms above your head
- ☐ Do 10 jumping jacks
- ☐ Walk around your space
- ☐ Squeeze and release your fists



Thought Grounding

When your mind is racing:

- "I am having the thought that..." (instead of "I am...")
- "This feeling will pass"
- "I am safe right now"
- "I have survived difficult moments before"
- "I don't have to believe every thought I have"



Who to Call When



Emergency (immediate danger): 999



Crisis support (24/7): Samaritans 116 123



Text crisis support: SHOUT 85258



Mental health crisis: NHS 111



Your therapist (Jessica): 07530953169



Trusted friend/family member: [write their number here]



Remember

- Crisis moments are temporary - they feel forever but they're not.
- You've survived 100% of your difficult days so far.
- Asking for help is brave, not weak.
- You matter and your life has value.
- It's okay to not be okay - you're still worthy of love and support.

You're not alone in this. With love and support, Jess 