

# Mental Health Skills

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**This section provides skills and resources regarding mental health.**

**These skills are not to be used in place of emergency services and mental health professionals.**

## Grounding

1. Run your hands over something with an interesting texture. Describe it in your mind, as if you have never felt anything like it before.
2. Splash some water on your face. Notice how it feels. Notice how the towel feels as you dry. Use words in your mind to describe the sensations.
3. Tell yourself who you are and where you are. What year is it, what age are you now? Look around the room and notice familiar objects and name them.
4. Notice five things you can see, five things you can hear, and five things you can feel, taste, or smell.
5. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on.

## Breathing

1. Resonance breathing - gently breathe in through your nose for a count of six seconds. Don't fill your lungs too full of air. Exhale for six seconds allowing your breath to leave your body slowly and gently without forcing it.
2. Box breathing - exhale to a count of four. Hold your lungs empty for a four-count. Inhale to a count of four. Hold the air in your lungs for a count of four. Exhale and begin the pattern again.
3. Belly breathing - place one hand on your upper chest and the other hand on your belly, below the ribcage. Allow your belly to relax. Breathe in slowly through your nose. The air should move into your nose and downward so that you feel your stomach rise with your hand. Exhale slowly through slightly pursed lips. Take note of the other hand on your chest, which should remain relatively still.
4. Take ten slow breaths. Focus your attention fully on each breath, on the way in and on the way out. Say the number of the breath to yourself as you exhale

## CHURROS



### **C** – Contact

I've noticed..., How are you? How long...?

### **H** – Hear Out

I see, It sounds like..., Is that right?

### **U** – Understand

rephrase and repeat what the person has told you, ask if you are understanding correctly, don't be afraid to clarify

### **R** – Reassurance

It's understandable, You're not alone, Supports can help

### **R** – Reach appropriate professional help

What has helped? Could you reach out to...?

### **O** – Other Supports

Other supports? Family, Friends, Community, Spiritual?

### **S** – Self Help

What went well? How am I feeling about the discussion?

## Self-Help



**C** – How am I doing? What’s changed?  
How long have I been feeling this way?

**H** – Am I hearing my own signs? Am I ignoring or minimizing symptoms?  
What about self-stigma?

**U** – Do I understand why I’m feeling this way? Do I need help understanding my feelings or just someone to talk to?

**R** – Am I aware of impacts? Do I know supports that could help?

**R** – What has helped in the past?  
Would it help to reach out to...?

**O** – Can I think of others to reach out to?



# Mental Health Skills

## Safety Plan

Goals/things worth living for

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

My support network can help me by...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I, \_\_\_\_\_ will use this plan to get the help I need to keep myself safe when I'm struggling

Some distractions that work for me...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Some safe people I can contact...

- |         |       |       |       |
|---------|-------|-------|-------|
| 1. Name | _____ | Phone | _____ |
| 2. Name | _____ | Phone | _____ |
| 3. Name | _____ | Phone | _____ |
| 4. Name | _____ | Phone | _____ |
| 5. Name | _____ | Phone | _____ |

Some safe places I can go...

- |          |       |         |       |
|----------|-------|---------|-------|
| 1. Place | _____ | Address | _____ |
| 2. Place | _____ | Address | _____ |
| 3. Place | _____ | Address | _____ |
| 4. Place | _____ | Address | _____ |
| 5. Place | _____ | Address | _____ |

Some coping mechanisms that work for me...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

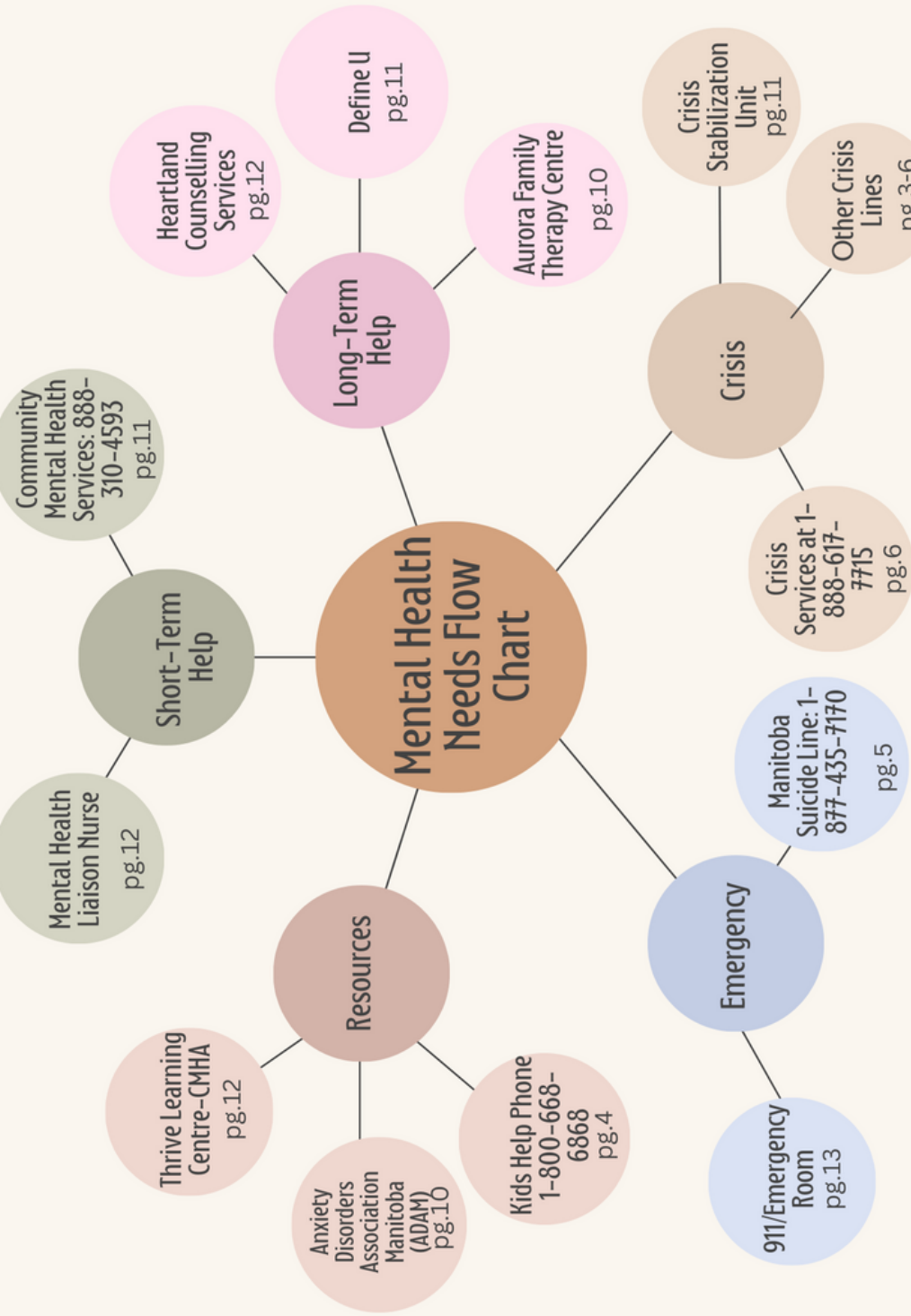
### Remember Your Life Is Valuable

Others have told me how valuable my life is, but they want to make sure that I know how valuable my life is. Since it can be hard to focus and think clearly when I'm having these dark thoughts, I agree to put this safety plan in places where I can easily use it. Such as my wallet, bag or by the phone. In an emergency I can call **911** and tell the operator that I am in suicidal danger or go to the nearest emergency room. If I feel that I cannot get to the hospital safely, I can call **911** and request transportation to the hospital.

For you to sign: \_\_\_\_\_

For your safe support person to sign: \_\_\_\_\_

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\*For more information and how to access check the page numbers provided