

HOPEBOX



PAPYRUS
PREVENTION OF YOUNG SUICIDE

CALL HOPELINE247 ON 0800 068 4141



WHAT IS A HOPEBOX?

A **HOPEBOX** goes by a lot of names: crisis box, emergency box, self-soothe box, happy box. You can call it anything that makes you feel comfortable. The idea behind this box is that it is filled with things that can help you to feel better. When you're feeling upset, anxious, or experiencing thoughts of suicide then you can use the box as a way to feel better.

One key thing to remember about a **HOPEBOX** is that it is personal to you. This is really important, as everyone responds differently to different things. You can make your own box, or decorate any sort of container or bag to use, and some people even make small pocket-sized versions to take out with them in case they need it. The more personalised the better, and creating the **HOPEBOX** in itself can be a really good distraction technique or self care activity.

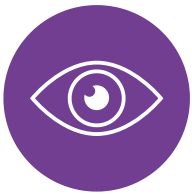




WHAT DO I PUT IN IT?

The idea of self soothing:

Many people find it helpful to put self-soothe items into their **HOPEBOX**. Self-soothing is using things that feel good to each of your senses to help you to feel calm or happy. The five senses and some ideas of what these items could be are...



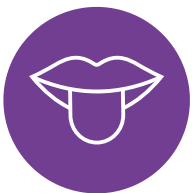
SEE:

Photos of loved ones, images of places you feel safe, something with soothing patterns.



SMELL:

Scented candles, aromatherapy oils, jars of spices, scented lotions, a comforting perfume, scratch and sniff stickers.



TASTE:

Chocolate, hard sweets, mints, sour sweets, flavoured tea bag, popping candy.



HEAR:

A USB filled with relaxing noises, your favourite CD or playlist, a musical instrument, audio books, clickers, phone apps with soothing sounds.



TOUCH:

Stress balls, nail file, a soft piece of clothing, hand lotion to massage hands with, tactile beads, rubber bands to snap on wrist or stretch, clay, PVA.



WHAT ELSE TO PUT IN:

Anything that brings you comfort or joy, or reminds you of hope for the future. Many people also find it helpful to include some things they use as alternative ways of coping or for distractions. They could include:

- Helpline numbers to use in an emergency.
- Your safety plan.
- Elastic bands to snap.
- Games to play.
- Hot water bottle.
- A colouring book.
- Cut up straws to breathe into, to listen to breathing.
- Coping statements.
- Touch stones.
- Reminders of key things learnt in therapy sessions.
- Letters you or a loved one wrote to you when feeling more positive.
- A notepad and pens to write down how you feel.
- Hair brush.
- Nail varnish.
- Slipper socks.
- List of distraction ideas.
- Breathing exercises list.





KEY THINGS TO NOTE:



A HOPEBOX is for you. This means that you need to make sure that it includes what you need it to and that you call it what you want to.



- Have a look round on the internet if you need ideas of what to put in it.
- Keep the HOPEBOX where you can access it when you need it the most.
- If something no longer brings you comfort and joy in it then change it.



HOPELINE247



If you are struggling to distract yourself from your thoughts, talking can be helpful. For a safe space to talk through thoughts of suicide, speak to a Suicide Prevention Adviser by calling HOPELINE247.

Call: 0800 068 4141

Text: 88247

Email: pat@papyrus-uk.org

Try reaching out to those close to you - speak to family and friends, let them know how you are feeling so they can support you with staying safe from suicide.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

© PAPYRUS Prevention of Young Suicide
Registered Charity Number: 1070896
OSCR Registered Charity Number: SCO52556