

BAHALI

A TEEN COPING GUIDE

WHEN LIFE FEELS LIKE a lot

Stress, hard days and finding your next step



Because every mind deserves peace.

BAHALI.ORG

BAHALI

MAKE THIS GUIDE YOURS

THIS GUIDE belongs to

NAME OR NICKNAME

MAKE IT YOURS

Write in it. Photograph a useful page. Save one sentence in your phone. Share only what feels right for you.

Your guide.
Your pace.

START ANYWHERE

Notice what is happening. Choose one tool.
Reach out when self-help is not enough.



BEFORE YOU BEGIN

A note before you begin

Support should fit your life and your community.



FOR TEENS

This book is for learning and reflection. It is not a test. You can skip a prompt, stop an exercise, or ask an adult to help.

FOR ADULTS

Use the guide with curiosity rather than pressure. Listen first. Take safety concerns seriously. Confirm local referral and emergency information before distribution.

Bahali offers training and workshops for parents, caregivers, teachers and community partners who want extra support using this guide well. Visit bahali.org to learn more.

IMPORTANT

This guide does not diagnose or treat a mental health condition and does not replace professional care. In an emergency, use local emergency services or the nearest emergency department.

WELCOME

Start where you are

You do not have to read this book from beginning to end.

Some days you may want a sixty-second reset. Other days you may need words for asking someone to stay with you. Pick the page that matches the moment.

Stress can come from school, family, friendships, money, identity, loss, online life, a major change, or a disaster that affected your community. Sometimes there is no single reason.



You are not expected to handle everything alone. A tool that helps even a little still counts.

START SMALL

One useful action is enough for this moment.

NOTICE, THEN ADJUST

A skill can help a little without fixing everything.

ASK EARLY

You do not have to wait until things become a crisis.

CHOOSE ONE PAGE THAT MATCHES TODAY.

Use it your way

Try tools on ordinary days, not only on the hardest ones.

Write in the book. Photograph a page. Save one sentence in your phone. Share a tool with a friend. Cross out what does not fit and come back later.

This book offers education and self-help tools. It does not replace care from a qualified health professional.



PAUSE IF IT FEELS WORSE

If a practice makes you feel dizzy, trapped, more distressed or less safe, stop. Return to a normal breath, look around, move gently or ask for support.

01

KEEP WHAT FITS

Different tools work for different people and different moments.

02

COME BACK LATER

A page that does not help today may make more sense another day.

03

ONE PAGE IS ENOUGH

You do not need to finish the whole book for it to be useful.

Find your page

Move through the book in any order.

00 START HERE
pages 4–8

01 NOTICE WHAT IS HAPPENING
pages 9–12

02 RESET YOUR BODY
pages 13–18

03 MEET THE HARD MOMENT
pages 19–25

04 WORK WITH YOUR THOUGHTS
pages 26–32

05 LET SOMEONE IN
pages 33–37

06 STAY SAFE
pages 38–42

07 BUILD WHAT HELPS
pages 43–52

+ SUPPORT + SOURCES
page 54

START WITH TODAY

Choose the page that matches the moment. One useful page is enough.

QUICK START

What do you need right now?

Notice. Name. Choose.



WHAT I AM FEELING	WHAT I NEED	WHAT I CAN TRY
WIRED, PANICKY OR OVERWHELMED	Settle my body	60-second reset, then grounding • 14–15
ANGRY OR READY TO REACT	Space + safety	Step away, cool water or movement • 17, 20
LOW, NUMB OR SHUT DOWN	Gentle action + connection	One caring action, then sit near someone safe • 22, 25
LONELY OR CARRYING IT ALONE	Connection	Send one reach-out sentence • 23, 34
THOUGHTS FEEL STUCK	Perspective + a plan	Thought or Fact, then one small action • 27–28
UNSAFE OR UNABLE TO STAY SAFE	Immediate help	Tell an adult now and use the safety steps • 8, 39

IF THE FIRST TOOL DOES NOT HELP

Try one different kind of support: body, surroundings, thoughts or people. If the feeling stays intense or safety is a concern, involve a trusted adult or professional.

Get help now



Use urgent support if you may hurt yourself or someone else, cannot stay safe, took an overdose, or are in immediate danger.

- 01** Move towards safety and away from weapons, medicines, traffic, heights or other dangerous items.

- 02** Tell a trusted adult directly: "I am not safe right now. Please stay with me and help me get urgent support."

- 03** In the Caribbean, call your local emergency service or go to the nearest hospital or emergency department.

- 04** Use FindAHelpline.com to locate a current helpline for your country. Ask an adult to help if needed.

- 05** Do not stay alone while danger is active. If one person does not help, contact another adult or service.

CARIBBEAN AND COUNTRY-SPECIFIC HELP

Use local emergency services or the nearest hospital. Find country-specific helplines at FindAHelpline.com.

UNITED STATES AND CANADA ONLY

United States: call or text 988.
Canada: call or text 9-8-8.

Notice what is happening

Clues, not failures.



Notice the signal before choosing the next step.

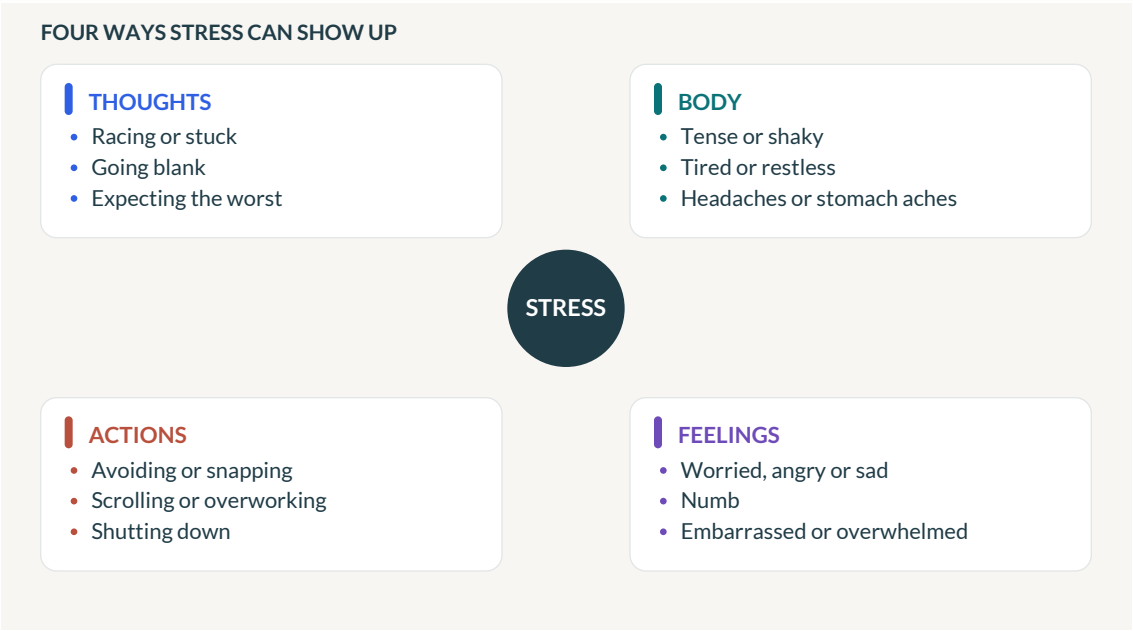
FEEL NEED TRY

UNDERSTAND

Stress has a pattern

Your brain and body respond to pressure, uncertainty, threat or change.

A little stress can help you act. Too much stress, or stress that lasts, can make it harder to think, sleep, connect and recover.



COMMON PRESSURES

School, family, money, identity and relationships

Discrimination, online life, loss, relocation and disasters

NEXT • NAME YOUR WEATHER ON PAGE 11

Check your weather

Name the moment before choosing what to do.

STORMY overwhelmed or unsafe	BUILDING stress is rising	MIXED several feelings at once	STEADY managing, not perfect	CLEAR calm or focused
---	--	---	---	------------------------------------

Circle one word, or write your own. Weather can change.

RIGHT NOW I FEEL...

MY BODY IS TELLING ME...

THE THOUGHT TAKING UP THE MOST SPACE IS...

WHAT HAPPENS NEXT

Name what you need, then choose one tool. You do not have to solve the whole day.

MAKE IT YOURS / CATCH IT EARLIER

Know your signals

Your early signs give you more choices.

ASK YOURSELF

Do I need to settle my body, solve a problem, connect, rest, or get help now?

01

THE FIRST CHANGES I NOTICE IN MY BODY

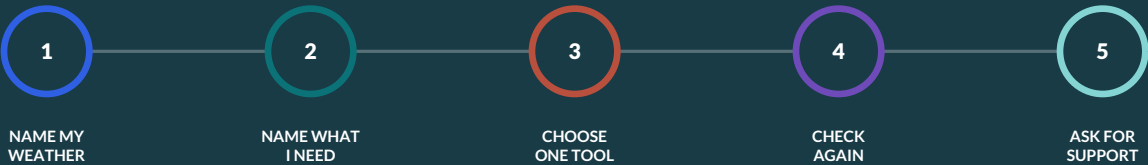
02

THE FIRST CHANGES I NOTICE IN MY THOUGHTS

03

WHAT PEOPLE CLOSE TO ME MAY NOTICE

WHEN I NOTICE THESE SIGNS



If it stays intense, keeps returning or affects safety, tell a trusted adult.

Reset your body

Small shifts can change the next minute.



Your three-step path



What is happening?



What would help?



One next step

USE NOW / TRY THIS

The 60-second reset

You do not have to feel calm to begin.



01

Pause what you are doing, if it is safe to pause.

02

Drop your shoulders. Unclench your jaw and hands.

03

Press both feet down or notice the chair holding you.

04

Breathe gently. Let the out-breath be a little longer. Repeat four times.

05

Look around. Name where you are and one safe next step.

KEEP IT FLEXIBLE

If breathing feels uncomfortable, skip it. Use movement, cool water on your hands, or visual grounding instead.

Come back to the room

Use your senses to remind your brain: I am here, now.

5

SEE

things you can see.

4

FEEL

things you can feel or touch.

3

HEAR

things you can hear.

2

SMELL

things you can smell, or two smells you like.

1

TASTE

Notice one taste or sensation in your mouth. If nothing stands out, notice the temperature of the air as you breathe.

“I am here. This is the present. I can choose my next step.”

NO CLOSED EYES REQUIRED

If body focus increases distress, use colours, shapes, sounds or objects.

STEADY / TRY THIS

Breathe without forcing it

The goal is not a perfect breath. It is a gentle cue that this moment can slow down.



Stop if you feel light-headed, trapped, or worse. Return to normal breathing and choose another grounding tool.



CHOOSE THE VERSION THAT FEELS EASIEST



LONGER OUT

Breathe in gently for 3. Breathe out for 4 or 5.



COUNT AROUND

Trace the edge of a card: in on one side, out on the next.



HUM

A quiet hum can naturally lengthen the out-breath.



NORMAL BREATH

Simply notice three natural breaths without changing them.

A softer breath still counts.

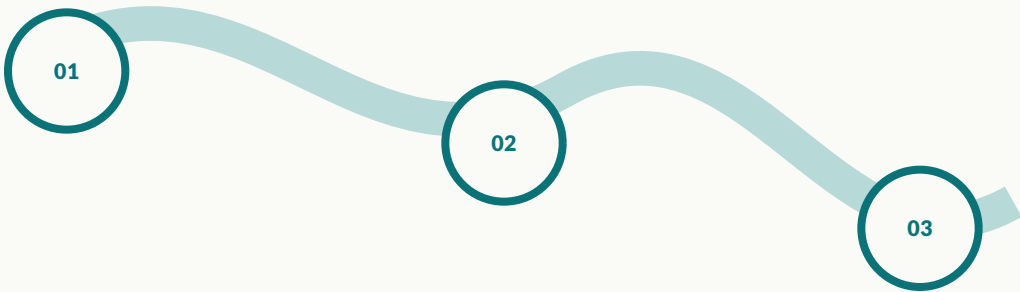
If breathwork is not for you today, choose grounding or movement instead.

TRY THIS / MOVE

Move the stress through

Stress prepares the body to act. Safe movement can use some of that energy.

Choose movement that is safe for your body and surroundings. Movement is support, not punishment. It does not have to be intense.



ONE SONG

Walk, stretch, dance, tidy, garden, or play a sport for the length of one song.

PUSH + RELEASE

Press your palms into a wall for ten seconds. Release. Notice the change.

SHAKE IT OUT

Shake your arms and hands, then let them become heavy.

I FEEL

restless or angry

I NEED

safe release

I CAN TRY

move for one song

TRY THIS / RESET

Use your senses

Strong sensation can interrupt a stress loop without asking you to “think positive.”

Pick one. Notice whether the intensity changes by even one point.



COOL

Run cool water over your hands or hold a cool drink.



TEXTURE

Run your fingers over a safe textured object, such as a sleeve, towel or smooth stone.



SOUND

Play one familiar song or notice the farthest sound you can hear.



TASTE

Sip water slowly or notice the taste of a mint or snack.

I FEEL

caught in a loop

I NEED

interrupt + reorient

I CAN TRY

one safe sensation

Meet the hard moment

Name what is here.
Choose what helps.



When a feeling gets loud

Pause long enough to create space. Name what the feeling may be protecting. Choose the safest next step, not the perfect one.

PAUSE

Make room to choose

TRY THIS / ANGER

When anger rises

Anger can signal hurt, fear, unfairness, pressure, or a crossed boundary.

- 01 Pause the message, post, drive, or argument.
- 02 Create safe space. Step away and say when you will return.
- 03 Lower the heat with walking, cool water, or a longer out-breath.
- 04 Name the need: respect, space, safety, information, repair, or a boundary.
- 05 Return with: "I felt _____ when _____. I need _____."

SAFETY FIRST

Do not punch objects or do anything that could injure you or someone else. If you may lose control, move away from weapons or dangerous items and get an adult now.

TRY THIS / ANXIETY

When anxiety takes over

Anxiety predicts danger, even when the danger is uncertain.



01

ORIENT

Say where you are and what is happening now.

02

GROUND

Press your feet down and name three things you see.

03

SETTLE

Make the out-breath slightly longer, without forcing it.

04

SORT

Write what you can control today and what can wait.

05

APPROACH

Take one small, safe step instead of avoiding everything.

IF THIS DOES NOT HELP

Ask a safe person to stay with you and help you take the next step. If symptoms are new, severe, or could be medical, tell an adult and seek medical help.

TRY THIS / LOW MOOD

When you feel low

Do not wait to feel motivated before doing one small caring thing.



Tell someone now if you feel low most days, stop enjoying things, or have thoughts of death or self-harm.

CHOOSE ONE SMALL CARING THING



FOR YOUR BODY

drink water • eat something nourishing • shower • step outside • rest



FOR YOUR WORLD

open the curtain • answer one message • sit near someone safe • do one manageable task



FOR YOUR MIND

play familiar music • write one honest sentence • lower the day's expectations

I FEEL

low

I NEED

gentle action + connection

I CAN TRY

one caring thing

TRY THIS / LONELINESS

When you feel lonely

Loneliness is a signal for connection. It is not proof that you are unwanted.

WORDS TO SEND

“Can you talk for a few minutes? I do not need advice, just company.”

Ask someone to study, walk, game, cook, attend worship, or sit together. Spend time in a safe shared place, even if you are not ready to talk. Join a club, team, youth group, community activity, or moderated interest group.

FAMILY IS WIDE

An aunty, godparent, older cousin, neighbour, church family member, or community elder can be exactly the safe, steady presence you need.

IF REACHING OUT FEELS HARD

Start smaller: send one word, ask to sit nearby, or use “I do not need advice, just company.” If the first person does not respond, try another safe person.

ONLINE CONNECTION COUNTS, WITH CARE

Protect your privacy. Do not meet an online contact alone or share private information with someone you do not know and trust offline.

UNDERSTAND / IDENTITY

When you feel caught between who you are and what others expect

Questions about identity can be easy to carry alone and hard to explain.

Your culture, faith, race, gender, sexuality, migration story, or where you feel you belong may bring stress. You might feel caught between island and diaspora life, between generations, or between how your family sees you and how you see yourself.

01 Notice the feeling without rushing to fix or explain it. “This is confusing right now” is a true and complete sentence.

02 Find one place, person, or space where you do not have to translate or shrink yourself.

03 **Ask:** Is this mine to fix, or is someone else uncomfortable with my boundary?
If your boundary is safe and respectful, someone feeling disappointed does not automatically mean you did something wrong.

04 Look for stories, music, or people who share a piece of your experience. You are not the first to feel this.

05 If family conversations feel unsafe or unwelcoming, find one trusted adult, counsellor, or community group where you can speak freely.

YOU ARE ALLOWED TO TAKE YOUR TIME

Identity is not something you have to resolve by a certain age or explain to everyone's satisfaction.

TRY THIS / FREEZE • NUMB • FAR AWAY

When you shut down

Start with safety and orientation, not pressure.

01

LOOK

Look around slowly. Find three objects of the same colour.

02

PRESS

Press your feet down or hold something with texture.

03

NAME

Say your name, where you are, and what day it is.

04

ACT

Choose one tiny action: sip water, sit up, open the curtain, or text one word.

05

CONNECT

Ask someone safe to stay nearby without demanding conversation.



HERE • NOW

GET SUPPORT

If you often lose time, feel unreal, or disconnect in ways that affect daily life, speak with a qualified mental health professional.

Work with your thoughts

A thought can feel true without being the whole truth.



A useful pause

Name the thought. Check what kind of thought it is. Make room for a broader, kinder response. Then choose the next action that fits your values and safety.

● NAME

● CHECK

● CHOOSE

MAKE IT YOURS / SLOW IT DOWN

Thought or fact?

You do not have to argue with every thought. Respond more usefully.

01

THE THOUGHT

02

IS IT A FACT, PREDICTION, MEMORY, JUDGEMENT, OR FEAR?

03

WHAT SUPPORTS IT? WHAT DOES NOT?

04

A BROADER, KINDER RESPONSE

THEN CHOOSE

What action helps me stay safe and move towards what matters?



TRY THIS / GET UNSTUCK

Solve what can be solved

Coping steadies you. Problem-solving changes what is changeable. Often you need both.

- 01 Write the problem in one sentence.
- 02 Separate what you control, influence, and cannot control.
- 03 List a few options, including asking for help.
- 04 Choose one safe, realistic action.
- 05 Try it. Review what happened. Adjust.

THE PROBLEM IN ONE SENTENCE

ONE ACTION I CAN TAKE WITHIN 24 HOURS

Protect your energy online

Notice how you feel before, during, and after using an app.

MUTE + BLOCK

Mute, block, unfollow, or report accounts that harm or harass you.

NOTIFICATIONS

Turn off non-essential notifications and make phone-free moments.

PRIVACY

Keep your location and identifying details private.

PAUSE

Pause before posting when you are angry, hurt, or seeking reassurance.

DO NOT FORWARD

Do not forward private images, humiliating content, or rumours.

SAVE + TELL

Save evidence and tell an adult about threats, stalking, blackmail, sexual pressure, or cyberbullying.

TRY A BOUNDARY SENTENCE

"I am not comfortable with that." • "Do not share that." • "I am stepping away now." • "If this continues, I will block the account and tell an adult."

I FEEL

drained or pressured

I NEED

privacy + a boundary

I CAN TRY

mute • block • tell

Reset your rest

Most teens need about 8 to 10 hours, but perfection is not the goal.

8–10

HOURS

01

Wake at a fairly consistent time when possible.

02

Get daylight and movement during the day.

03

Create a short wind-down routine.

04

Reduce bright, activating, or upsetting screen use before bed.

05

Keep caffeine and energy drinks away from late afternoon and evening.

06

Write tomorrow's tasks or worries down.

CONNECT IT TO YOUR PLAN

Notice which sleep habit changes your energy or mood, then add it to My calm plan on page 47. Persistent sleep difficulty, loud snoring, breathing pauses, nightmares, or daytime sleepiness deserve medical attention.

After a disaster or major change

Reactions can change from day to day.

You may feel alert, tired, angry, numb, guilty, distracted, or worried it will happen again. None of these reactions means you are coping “wrong.”



GET RELIABLE UPDATES

Use trusted adults or official sources rather than repeated rumours or distressing footage.



RETURN TO ROUTINE

Bring back familiar meals, schoolwork, sleep cues, movement, worship, or family time when possible.



STAY CONNECTED

Keep contact with family, friends, school, faith, or community supports.



LET ORDINARY MOMENTS COUNT

Rest, laugh, play, and enjoy something without feeling guilty.

ASK FOR MORE SUPPORT

Get help if reactions stay intense, worsen, or interfere with daily life.

UNDERSTAND / WHEN HOME CHANGES

Hurricanes, floods and rebuilding together

A disaster is not always a one-time news event.

It can mean lost school time, a changed home, family separated between islands or countries, or a long rebuilding season. You are allowed to grieve a place, not only a person. That grief is real, even without a funeral.

01 Name what changed: home, school, routine, a person, or a sense of safety.

02 Expect a slower “normal”. Rebuilding takes longer than the news cycle suggests.

03 Reach out to family abroad or on other islands. Worry from a distance is a form of love, even when it feels like pressure.

04 **Help only through safe, adult-guided activities.** Do not enter damaged buildings, handle debris or take on emergency-response tasks.

05 Hold onto small traditions and celebrations. Continuing them is not disrespectful; it is part of healing.

BAHALI AND DISASTER RECOVERY

Schools, churches and community groups can find culturally grounded recovery resources and training at bahali.org.

Let someone in

You do not need perfect words.



A small start counts

One honest sentence can open a door. Say what is happening, what you need, and whether you feel safe right now.

● SAY IT

● SEND IT

● SHOW IT

USE THE WORDS / REACH OUT

Reach out clearly

Say what is happening, what you need, and whether it is urgent.

COMPANY

"I am having a hard time. Can you stay with me for a few minutes?"

LISTENING

"I need you to listen first. I will tell you if I want advice."

ONGOING HELP

"I have felt anxious or low for a while, and it is affecting me."

URGENT

"I do not feel safe with my thoughts. I need help now."

SOMETHING HAPPENED

"Something made me uncomfortable. I need to tell you."

IF SAYING IT ALOUD FEELS HARD

Text it, write it down, show someone this page, or begin with: "I need to tell you something, but I do not know how to start."

KEEP GOING

If the first person does not understand or help, tell another safe adult.

DO NOT WAIT FOR A CRISIS

When to ask for more help

You do not need a diagnosis or a “big enough” reason.

IT KEEPS RETURNING Feelings are intense, last, or keep coming back.	DAILY LIFE IS AFFECTED Stress disrupts sleep, eating, school, work, sport, or relationships.
YOU ARE PULLING AWAY You are withdrawing from people or activities you usually value.	YOU DO NOT FEEL LIKE YOURSELF You feel numb, hopeless, constantly on edge, or disconnected.
COPING FEELS UNSAFE You rely on alcohol, drugs, risky behaviour, or self-harm.	SOMEONE IS HURTING YOU Someone is threatening, controlling, exploiting, or pressuring you.

WHO CAN HELP?

A trusted adult, school counsellor, doctor, nurse, psychologist, social worker, faith leader, or another qualified support person.

ONE NEXT ACTION

Choose one safe person and decide how you will contact them.

CHOOSE THE LEVEL OF HELP

Support or immediate help?

Self-help tools are useful, but they are not the right response to every situation.

01

I NEED SUPPORT

Use this when feelings stay intense, keep returning, or disrupt sleep, eating, school, sport, or relationships.

Tell a trusted adult or qualified support person. Keep using safe coping tools while support is arranged.

02

I NEED IMMEDIATE HELP

Use this when you may hurt yourself or someone else, cannot stay safe, took an overdose, are in immediate danger, or someone is seriously hurting or threatening you.

Tell an adult directly. Do not stay alone.
Use emergency support now.

IF YOU ARE UNSURE

Treat it as urgent and ask an adult. You do not have to decide alone whether the situation is serious enough.

EMERGENCY SUPPORT

Caribbean: local emergency service or nearest hospital. **Country-specific helplines:** FindAHelpline.com.

United States: 988. **Canada:** 9-8-8.

SUPPORTING SOMEONE / SHARE THE LOAD

If a friend tells you

Listen. Take them seriously. Bring in an adult.

REMEMBER

If you are unsure whether it is serious, treat it seriously and ask an adult.

SAY

“I am glad you told me.” • “You do not have to handle this alone.” • “Let us find an adult who can help.”

DO

Stay with them if there is immediate danger. Create distance from dangerous items only if you can do so safely. Contact an adult or emergency service.

DO NOT

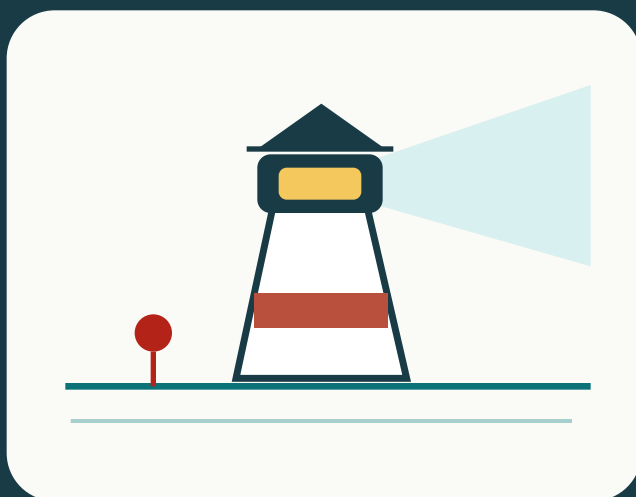
Promise secrecy about danger. Argue, shame, dare, diagnose or make yourself the only person helping.

YOUR ROLE

Helping does not mean handling the crisis alone. Getting a trusted adult involved is part of supporting your friend. It is not abandoning them.

Stay safe

Urgent support is a strength move.



Safety is shared

When danger is active, move towards people, places and services that can help. You do not have to manage a crisis by yourself.

● MOVE

● TELL

● STAY

SAFETY / IMMEDIATE HELP

Get help now

Use urgent support if you may hurt yourself or someone else, cannot stay safe, took an overdose, or are in immediate danger.

We shared a short version near the start because it matters enough to say twice. Here is the fuller version, followed by a safety plan.

- 01 Move towards safety and away from weapons, medicines, traffic, heights, or other dangerous items.
- 02 Tell a trusted adult directly: "I am not safe right now. Please stay with me and help me get urgent support."
- 03 In the Caribbean, call your local emergency service or go to the nearest hospital or emergency department. Numbers differ by country and territory.
- 04 Use FindAHelpline.com to locate a current helpline for your country. Ask an adult to help if needed.
- 05 Do not stay alone while danger is active. If one person does not help, contact another adult or service.

UNITED STATES AND CANADA ONLY

United States: call or text 988. **Canada:** call or text 9-8-8. These services are not available across the Caribbean.

PLAN AHEAD / COMPLETE TOGETHER

Build a safety plan with an adult

Complete this with a parent, caregiver, counsellor, clinician, or another trusted adult.

01

Know the warning signs that tell you a crisis may be building.

02

List coping steps you can use without being alone with dangerous items.

03

Identify people and safe places for distraction and connection.

04

Write who you will tell directly and how to reach them.

05

Add professional, crisis, and emergency contacts.

06

Ask an adult to secure or remove dangerous items.

IF DANGER IS IMMEDIATE

Skip the plan. Get urgent help now.

COMPLETE WITH AN ADULT / WRITE IT DOWN

My safety plan

Keep a copy where you and a trusted adult can reach it.

01

WARNING SIGNS THAT TELL ME A CRISIS MAY BE BUILDING

02

THINGS I CAN DO THROUGH THE NEXT FEW MINUTES

03

SAFE PEOPLE OR PLACES THAT CAN DISTRACT OR STEADY ME

COMPLETE WITH AN ADULT / ADD CURRENT DETAILS

My safety plan, continued

Use names and current contact details.

MY EMERGENCY ACTION

If I cannot follow this plan or danger is immediate, I will call local emergency services or go to the nearest emergency department.

04

ADULTS I WILL TELL DIRECTLY AND HOW TO REACH THEM

05

PROFESSIONAL, CRISIS, AND EMERGENCY CONTACTS

06

HOW AN ADULT WILL HELP MAKE MY ENVIRONMENT SAFER

Build what helps

Strength includes resting, asking, trying, and beginning again.



Your toolkit can grow

Notice what steadies you. Keep what works. Add people, habits and reminders that make the next hard moment easier to meet.

● NOTICE

● PRACTISE

● BUILD

YOUR STRENGTHS / MAKE THEM VISIBLE

Strength is more than pushing through

Circle what fits. Add your own.

WORDS TO TRY

caring • creative • brave • patient • honest • determined
curious • loyal • funny • responsible • resourceful • kind

01**A STRENGTH I USED RECENTLY**

02**A STRENGTH I WANT TO PRACTISE**

ADD IT TO YOUR PLAN

Write one strength beside a hard moment it could help you face. Add it to My calm plan on page 47.

VALUES / CHOOSE A DIRECTION

Choose what matters

Values are directions, not boxes you finish checking.

FOR EXAMPLE

If friendship matters to you, sending one honest message is a small step in that direction.

DIRECTIONS

courage • learning • family • friendship • faith • creativity
health • fairness • respect • independence • service • honesty

01

SOMETHING THAT MATTERS TO ME

02

ONE SMALL ACTION THAT WOULD MOVE ME TOWARDS IT

ADD IT TO YOUR PLAN

When feelings are loud, let this value guide your next step. Add the action to My calm plan on page 47.

A GOAL YOU CAN START / MAKE IT POSSIBLE

Make the next step small

Shrink the step until it feels possible.

01

WHAT I WANT TO WORK TOWARDS

02

THE SMALLEST FIRST STEP

03

WHEN AND WHERE I WILL DO IT

04

WHO OR WHAT COULD SUPPORT ME

CONNECT IT TO COPING

Choose a step small enough for a hard day, then add it to My calm plan on page 47.

MAKE IT YOURS / BRING THE PIECES TOGETHER

My calm plan

Your plan can change as you learn what works.

I FEEL

notice the early signs

I NEED

name the kind of support

I CAN TRY

choose one next step

01

EARLY SIGNS THAT STRESS IS BUILDING

02

BODY OR SENSORY TOOLS THAT WORK FOR ME

03

WORDS THAT HELP WITH HARD THOUGHTS

04

PEOPLE AND PLACES THAT HELP ME FEEL STEADY

KEEP THIS PAGE EASY TO FIND

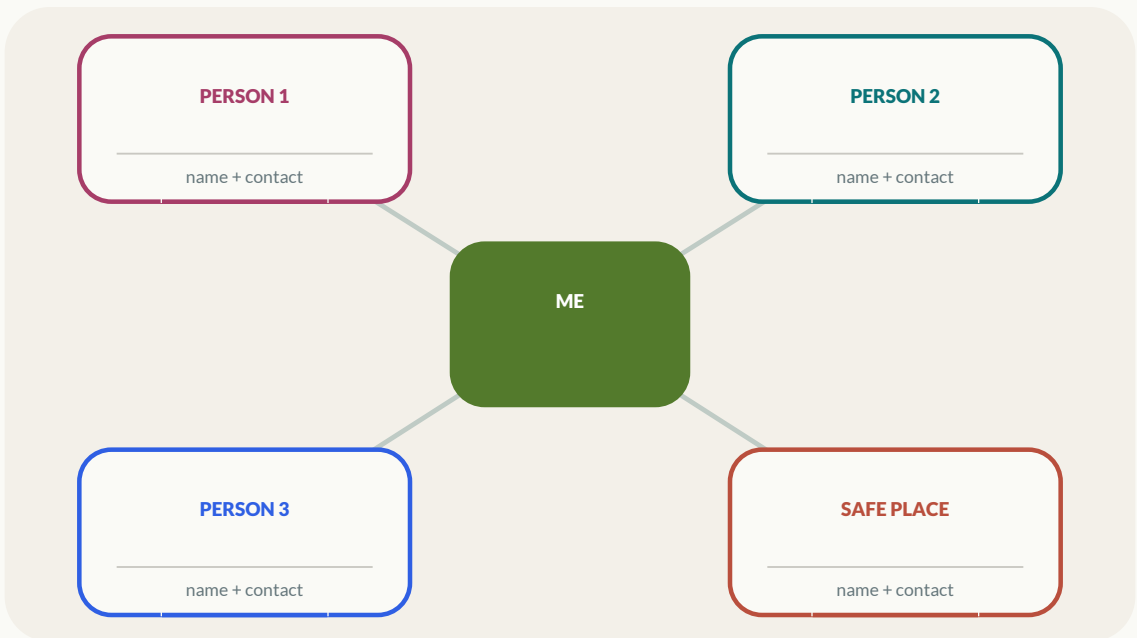
Review it after hard days and update what no longer fits.

CONNECTION / MAP YOUR SUPPORT

My safe people map

Choose people who listen, respect your safety, and can take action.

Family does not have to mean people your own age or under one roof. An aunty, godparent, older cousin, pastor or church family, or neighbour can belong on this map too.



WHAT HELPS ME FEEL SUPPORTED

- Write one sentence you want your safe people to know.

LOOK BACK • LOOK AHEAD

My weekly reset

No judgement. Just information.



SOMETHING THAT TOOK ENERGY



SOMETHING THAT GAVE ENERGY

01

A TOOL OR PERSON THAT HELPED

02

ONE THING I NEED NEXT WEEK

03

ONE THING I AM PROUD OF

NOTICE THE PATTERN, NOT A PERFECT WEEK

TEST • NOTICE • ADJUST

My coping tool experiment

A tool does not have to make you feel perfect to be useful.

01

SITUATION OR FEELING

02

TOOL I TRIED

03

WHAT CHANGED, EVEN A LITTLE?

04

WHAT HELPED OR GOT IN THE WAY?

05

WHAT I WILL TRY NEXT TIME

QUICK REFERENCE / KEEP IT SIMPLE

My three go-to tools

Keep the choices simple enough to remember on a hard day.

IF I AM NOT SAFE

I will tell an adult directly and get urgent help. I will not stay alone with the danger.

01**A TOOL THAT SETTLES MY BODY**

02**WORDS THAT HELP ME GET UNSTUCK**

03**A PERSON I CAN CONTACT**

Keep this page close

Support can start before the moment becomes a crisis.

Take a photo of this page or copy the parts you use into your phone.

BODY

feet down • look around • move • cool
water • gentle out-breath

MIND

name the thought • check the facts •
choose the smallest next step

PEOPLE

say what is happening • say what you need
• tell another adult if the first does not help

SAFETY

Caribbean: local emergency service or
nearest hospital • country-specific help:
FindAHelpline.com • US: 988 • Canada:
9-8-8

CHOOSE • CHECK • CONTINUE

Try one tool. Check whether anything changed. If not, try a different kind of tool or involve a safe person. If safety is at risk, skip self-help and get immediate help.

You do not have to do this alone

Hard moments are part of your story. They are not the whole story.

WHAT COPING CAN LOOK LIKE

Coping is not pretending everything is fine. It is noticing what is happening, choosing the next safe step, and letting other people support you.

Return to the tools that help. Change the plan as you learn more about yourself. Ask for support early, clearly, and as many times as needed.

01 FEEL

02 NEED

03 TRY

KEEP THIS

Your feelings make sense.
Your story matters.
Support is allowed.



Keep the information current

Services can change. Confirm local details before printing or distributing.

CARIBBEAN • URGENT HELP

If there is immediate danger, use local emergency services or go to the nearest hospital or emergency department.

Country-specific helplines: FindAHelpline.com

UNITED STATES + CANADA ONLY

United States: 988lifeline.org • Canada: 988.ca. These services do not operate across the Caribbean.

MY LOCAL URGENT-HELP DETAILS

Complete this with a parent, caregiver, school counsellor or another trusted adult.

MY COUNTRY OR TERRITORY

LOCAL EMERGENCY OR HOSPITAL NUMBER

INFORMATION REVIEWED

WHO and UNICEF child and adolescent mental-health and psychosocial-support resources; American Academy of Pediatrics guidance on adolescent sleep and media; official 988 and 9-8-8 guidance; Find A Helpline directory.

EDITORIAL NOTE

This guide is educational and supportive. Review local clinical, safeguarding, legal, school and emergency pathways for each country or territory.

You do not have to earn support by getting worse first.



Keep what fits.

Come back later.

One page is enough.

YOUR WAY BACK IN



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Keep the page that helps.

Return when you need it.

When life feels overwhelming, knowing where to begin can be difficult. This guide helps teens notice what they are feeling, choose practical coping tools, work with difficult thoughts, reach out for support and recognise when immediate help is needed. Use one page, one tool or one next step at a time.

WHEN HELP IS URGENT

Use local emergency services or the nearest hospital.

Country-specific helplines: [FindAHelpline.com](https://findahelpline.com)

United States: 988 • Canada: 9-8-8

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PLACEMENT