

HERE FOR LIFE

PAPYRUS

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.



WHAT IS a HopeBox?

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.



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.

- Keep the HopeBox where you can access it when you need it most.
- If something in your HopeBox no longer brings you comfort or joy, then change it.

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

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

SMELL

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

TASTE

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

HEAR

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

TOUCH

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



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.
- Letter 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.

[See our full list of coping strategies](#)



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If you would like to have a HopeBox session delivered for your group or organisation, where participants are provided with wellbeing and self-care tips, and are given the time and resources to create their own HopeBox, please contact us at training@papyrus-uk.org

0300 102 2470
HopeLine24/7

If you're struggling to cope with your thoughts, reach out for support by talking to someone – call our **HopeLine24/7** to speak with a Suicide Prevention Adviser, or talk to trusted family and friends so they can help you stay safe.

TEXT HOPE to
88247



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