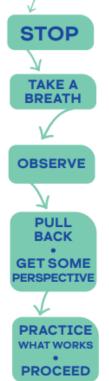
The STOPP Technique



Right now, what do you need to help you find a sense of calm?



Pause for a moment.

Do not react immediately.

Breathe slowly in through the nose, then breathe out through the mouth.

- •What thoughts are going through your mind?
- •What are you reacting to?
- •What sensations do you notice in your body?
- •What's the bigger picture?
- •Think: What advice would I give to a friend, or would they give to me?
- •Is this thought, fact or an opinion?
- •How important is this?
- •How important will it be in 6 months' time?
- •What is the best thing to do right now?
- •What is the most helpful thing for me, for others, for the situation?
- •Where can I focus my attention right now?
- •Do what will be effective and appropriate.

You are not alone:

These services are free of charge. Open to all aged 16+ living in B&NES.

Access Community Mental Health

If you need support with your mental health, the team will walk alongside you every step of the way.

Freephone: 0808 175 1369
Email: access@bathmind.org.uk
Open: 9am-5.30pm Monday to Sunday

Breathing Space Evening Support

Experiencing poor mental health, struggling with emotional distress, suicidal ideation or feeling overwhelmed?

Freephone: 0808 175 1369

Email: breathingspace@bathmind.org.uk Lines open: 5.30pm-11pm Monday to Sunday