

H.O.P.E.

The H.O.P.E. acronym is a simple prompt you can use when situations or moments feel out of control.

HELPING

The best way to get out of your own head is to help others. Before you spiral too far, take immediate action to reset and restart your attitude. What are some real, quick, doable things someone could do immediately to help someone else? Get your list ready!

OPPORTUNITY

How do you find or retain hope when plans are on hold, routines have changed, and relationships are strained or unavailable? Make one act of self-care a priority. Set plans on your calendar and follow-through to make them happen.

PERSERVE

Know that you won't feel strong every day. Say no to extras so that you can stay focused on the one priority you've set for your self-care. Reminder: Each new day is a chance to start again.

EMPATHY

Stay away from judgement, remembering people have their own fears and concerns. Recognize others' emotions, especially during periods of uncertainty and distress.

Remind yourself that this time of uncertainty and distress will come to an end. Better things are possible if we keep H.O.P.E. alive.

This resource is not intended to replace treatment. If you are experiencing a mental health emergency, call the National Suicide Prevention Lifeline at 1-800-273-8255 or dial 911.
www.dissonance.website