

H.A.L.T!

Before acting out on distressing thoughts and feelings, drink or use drugs are you?

Hungry	If you're hungry, eat something and then see if you want to use, self harm or act out on those distressing feelings.
Angry	Anger is there to tell us we need to take action to put something right, so use the strength and energy that anger gives you to resolve it.
Lonely	<p>Loneliness is painful. Social isolation shares the same neurological pathway as physical pain. You can be in a room full of people all day every day and still feel lonely.</p> <p>Find someone to talk to, call a friend or a relative, have a chat with a local shopkeeper you like. It's about making a connection. You don't have to be suicidal to call the Samaritans or other helplines and if you don't feel like talking there are excellent TXT services like SHOUT.</p>
Tired	<p>Sleep deprivation is a form of torture.</p> <p>Long term work on your sleep hygiene, short term throw a blanket over you and take 30 minutes lying down on the sofa or listen to a relaxation tape. A few minutes rest can be enough to recharge and give you a different perspective.</p>

**So if you're one, a combination of, or all of these things, sort it out!
You may well find out these feelings have passed once you do.**