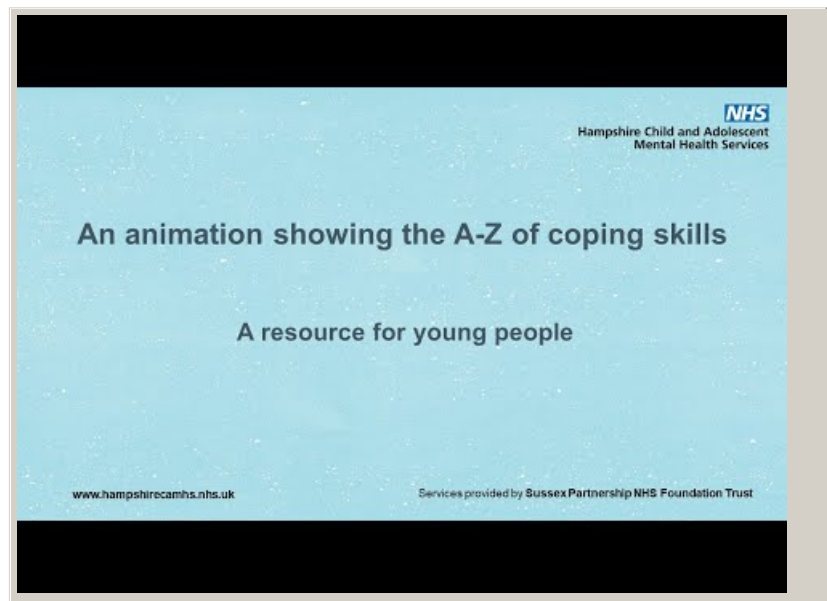


Use the A to Z of coping strategies

This video, A to Z of coping strategies, has ideas, strategies and techniques to help a young person to cope better if they are experiencing stresses and pressures which are making them feel in crisis.



Video hosted on Youtube <http://youtu.be/5EXpkVw3fho>

Closed Captions

Source:

[Sussex Partnership NHS Foundation Trust](https://www.youtube.com/watch?v=5EXpkVw3fho)

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