



**Ko wai
ahau?**

Who am I?



Kia ora

When you're going through a tough time it's important to have a plan to help guide you through, give you hope and keep you safe.

Create your personal plan using the Ko wai ahau? (Who am I?) resource. Visit [mentalhealth.org.nz/kowaiahau](https://www.mentalhealth.org.nz/kowaiahau) to order or download a copy and ask a trusted mate, supportive whānau member, school counsellor or health worker to help you fill it in.

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The services below offer free support 24 hours a day, 7 days a week, and can connect you to other places and people who can help.

 Need to talk? Free call or text **1737** to talk to a trained counsellor, anytime

 Youthline **0800 376 633**, free text **234** or email talk@youthline.co.nz

 Lifeline **0800 543 354**, free text **4357**

You'll find other helpful information at www.mentalhealth.org.nz

If you need immediate help, call **111**.