

"Deep down you will know how to help yourself."

- Michalea, aged 34

My own survival plan

It can help to make your own plan for what to do when things feel really bad.

Try to find a time when you're feeling calm to make your plan. You could ask a friend or a health professional to help you write it.

Write your own answers to each question. Be really honest with yourself about what you need and what works for you. There are some examples on each page to help you think of different ideas.

For more information, please see the booklet 'Having suicidal thoughts and finding a way back'.

www.mentalhealth.org.nz/suicide-prevention



Drinking to cope with difficult thoughts and feelings

Losing interest in things I usually enjoy



How do my thoughts, moods or behaviours change when things get really bad?

What are my warning signs that tell me I should take action?



Things I haven't done yet, that I'm looking forward to



When I'm feeling bad, what are the things I can remember that are worth living for?





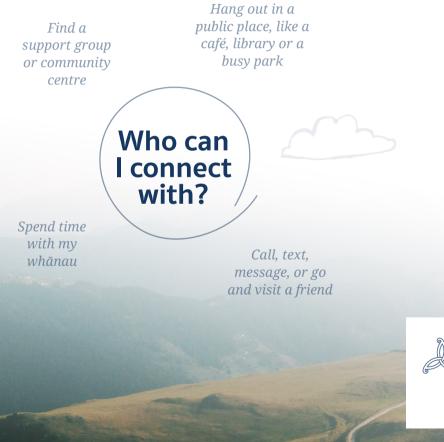
How can I make my environment safer, or take myself out of unsafe situations?





How can I distract myself from these thoughts?

What are some things I'll be able to do even when I'm feeling really low?



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Who can I be around that will help lift my mood?

Where can I go to connect with other people?



Make a list of supportive people you can talk to and their contact details.

If you're working with a doctor, counsellor or peer support worker, write their details here too.

If you don't know who you can talk to, contact a free helpline (details are on the back cover).



Who can I call or visit? What are their contact details?



P.S Take a picture of this on your phone.

The following services offer free support 24 hours a day, 7 days a week. They can also connect you to other places and people that can help.

 Need to talk? Free call or text 1737 To talk to a trained counsellor, any time

 Lifeline
 0800 543 354
 Free text 4357
 For counselling and support

Depression Helpline

0800 111 757 Free text 4202 To talk to a trained counsellor

- Samaritans 0800 726 666 For someone who will listen
- Youthline
 0800 376 633
 Free text 234 or email
 talk@uoutbling.co.pz

For youth, whānau and friends

Visit **mentalhealth.org.nz/safety-plan** to see our range of safety plans, including the Manawa app, and tips on how to support someone using a safety plan.

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MINISTRY OF HEALTH

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