



*“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



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?

Sleeping a lot more than usual, or not getting enough sleep

Withdrawing from whānau and friends

Feeling like I don't deserve help

Noticing what's going on

Feeling like a burden

Getting into arguments

Feeling like I can't cope

Drinking to cope with difficult thoughts and feelings

Losing interest in things I usually enjoy



*Someone
I love*

*My whānau
or friends*

*My religion or
spirituality*



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

*Something
I believe in*

My pets

**My
reasons
to live**

*My children
or mokopuna*

*My job or
volunteer
work*

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



*Get rid of things I might use
to hurt myself – throw them
away, lock them up or give
them to friends*

*Avoid people
who hurt or
upset me*



*Get someone to
stay with me*



*Give my car keys
to a friend*



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



Go for a walk

Listen to music

Waiata alone if I can't face being with anyone

Treat myself to a small thing I usually enjoy

Write down how I am feeling

Take a shower or bath

Play with a pet

Do some gardening

Do some exercise

Watch a movie

Have a coffee

Practice breathing exercises or meditation



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?

Find a support group or community centre

Hang out in a public place, like a café, library or a busy park

Who can I connect with?



Spend time with my whānau

Call, text, message, or go and visit a friend



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

Where can I go to connect with other people?



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

*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).



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

● **Samaritans**

0800 726 666

For someone who
will listen

● **Depression
Helpline**

0800 111 757

Free text 4202

To talk to a trained
counsellor

● **Youthline**

0800 376 633

Free text 234 or email
talk@youthline.co.nz

For youth, whānau
and friends

Visit [mentalhealth.org.nz/safety-plan](https://www.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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