

Lost hope/feel angry
sleepy/can't sleep
questioning my sexuality
feel sad/frustrated/scared/nothing
arguing/too much alcohol or drugs
feelings of shame/self-harming
mant to be alone/avoiding whānau or friends
struggling with school/work
thinking about death/dying
struggling with school/work
feeling sout achool/work
thinking about death/dying
insecure about my looks
can't breathe/having panic attacks
insecure about my looks
front to be alone about my self
front to be seling isolated
insecure about my looks
front to be alone about my looks
insecure about my looks
front to be alone about my looks
insecure about my looks
front to be alone about my looks
insecure about my looks
front to be alone alone about my looks
insecure about my looks
front to be alone alone



## Ko wai ahau? (Who am I?)

Kia ora. This pathway will guide you when you're feeling overwhelmed, help you get through tough times, give you hope and keep you safe.

Try to work through this pathway when you're feeling calm. Be really honest with yourself – write notes, draw pictures or scribble thoughts... whatever comes naturally. When you see take photos of the page so you can easily check it during challenging times. This pathway doesn't need to be completed all at once – take some time and come back and add to it.

Ask a mate you trust or a supportive family/whānau member to work through this with you. You could also ask another support person, like a school counsellor or health worker, to give you a hand. They can encourage you or help give you ideas if you're struggling with what to put on your pathway.







## What makes me feel good?



being with friends who make me feel good
gaming, skateboarding, playing sport...
being on the marae/being outside
watching a beautiful sunset
moving! - running, walking, dancing...
cuddling my pet/walking on a beach
taking deep breaths/stretching
writing, reading, drawing, taking photos, baking...
saying a prayer/going to church
listening to positive, happy music
eating something delicious/shopping for a treat

It's hard to find energy or enthusiasm during tough times, but doing small things that bring you hope can help when you're experiencing challenging thoughts.



Stay connected

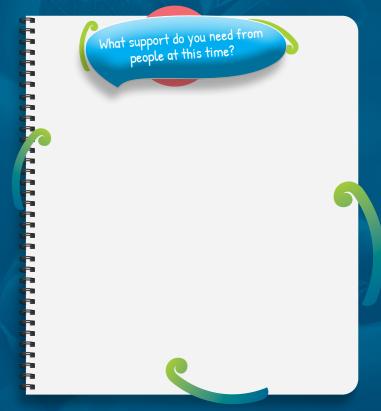


spend time with/call/message a mate
walk on the whenua with mates or whānau
visit my nanny/koro/other whānau
go to the gym/marae/library/
community centre...

play cards or board games with flatmates or whānau

qo to a busy mall/playground/café

Connecting with friends or whānau or just being around others at busy places can help you feel better. Think about where you could go or who you could connect with.



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What's important to me?

my mates  $\bigcirc$  my pets

someone I love who understands me

my art/music/writing/sport...

my whānau

my faith

an upcoming holiday/sports event

During tough times try to focus on what's important to you or something you're looking forward to

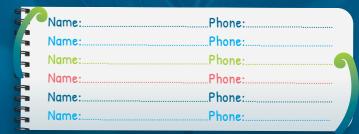
What gives you hope or brings you joy?

This probably hasn't been easy, but you've done some great mahi! Look back over your pathways and record three things you'll do to help you feel better when times are tough.



## My support team

Make a list of people you're comfortable sharing how you're feeling with. It may be a counsellor, doctor, whānau member or trusted mate(s).



## Finding help

The services below offer free support 24/7 and can connect you with others who can help you.

1737: Free call or text 1737 to chat with trained counsellors
Youthline: 0800 376 633 Free text 234

talk@youthline.co.nz Lifeline: 0800 543 354 Free text 4357

You may like to read the booklet *"Having suicidal thoughts and finding a way back"*, and there's other helpful information at mentalhealth.org.nz/help/support-for-myself

Remember, if you or someone you know needs immediate help - call 111.

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