

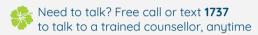
## Kia ora

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** 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.



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.



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

