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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/suicideprevention

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

Lifeline

0800 543 354

Depression

Helpline 0800 111 757 Free text 4202

Samaritans

0800 726 666

Youthline

0800 376 633

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.



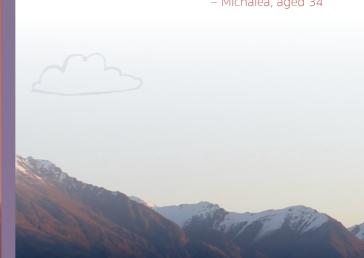


Updated: February 2025



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

- Michalea, aged 34



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

Keeping Safe

> 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

What I can do by myself

Play with a pet

Do some exercise

Do some gardening

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?

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.