

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?



**Noticing what's going on**

Drinking to cope with difficult thoughts and feelings  
 Losing interest in things I usually enjoy  
 Getting into arguments  
 Feeling like I can't cope  
 Feeling like I don't deserve help  
 Feeling like I don't get enough sleep  
 Sleeping a lot more than usual, or not  
 Withdrawing from whānau and friends  
 Feeling like a burden

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



**My reasons to live**

Things I haven't done yet, that I'm looking forward to  
 My job or volunteer work  
 My children or mokopuna  
 My pets  
 My religion or spirituality  
 My whānau or friends  
 Someone I love  
 Something I believe in

# 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](http://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  
 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](http://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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*“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

Get someone to stay with me

Avoid people who hurt or upset 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

Have a coffee

Practice breathing exercises or meditation

Watch a movie



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.