



*“Deep down you will know
how to help yourself.”*

– Michalea, 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, check out the booklet **'Having suicidal thoughts and finding a way back'** that goes with this.

www.mentalhealth.org.nz/suicideprevention



*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*





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?



*Someone
I love*

*My whānau
or friends*

*My religion or
spirituality*

*Something
I believe in*

My pets

*My job or
volunteer
work*

**My
reasons
to live**

*My children
or mokopuna*

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





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

*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*



Keeping Safe

*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*

**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, txt,
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, try phoning a helpline or texting a text counselling service (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.

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

You'll find other helpful information at

www.mentalhealth.org.nz/get-help



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