“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
Noticing what's going on

- Sleeping a lot more than usual, or not getting enough sleep
- Feeling like I can't cope
- Getting into arguments
- Feeling like I don't deserve help
- Drinking to cope with difficult thoughts and feelings
- Feeling like a burden
- Withdrawing from whānau and friends
- 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?
My reasons to live

- Someone I love
- My whānau or friends
- My religion or spirituality
- My pets
- My children or mokopuna
- Something I believe in
- My job or volunteer work
- 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?
Keeping Safe

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

Give my car keys to a friend
How can I make my environment safer, or take myself out of unsafe situations?
What I can do by myself

- Go for a walk
- Practice breathing exercises or meditation
- Treat myself to a small thing I usually enjoy
- Take a shower or bath
- Do some gardening
- Watch a movie
- Have a coffee
- Listen to music
- Waiata alone if I can’t face being with anyone
- Write down how I am feeling
- Play with a pet
- Do some exercise
- 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?
Hang out in a public place, like a café, library or a busy park

Find a support group or community centre

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?
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
  For counselling and support

- **Samaritans**
  0800 726 666
  For someone who will listen

- **Depression Helpline**
  0800 111 757
  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