



# MY OWN SURVIVAL PLAN



UPDATED JUNE 2020

**GETTING  
THROUGH  
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

**ALL RIGHT?**

 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND



This personal safety plan allows you to keep a record of the things you can do and the people you can contact to keep yourself safe if you are feeling really bad.

This resource is interactive, meaning you can type your thoughts and ideas directly onto the blank pages.

It's important to remember that this too will pass and you deserve help and support to get through.



**“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 someone you trust 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.

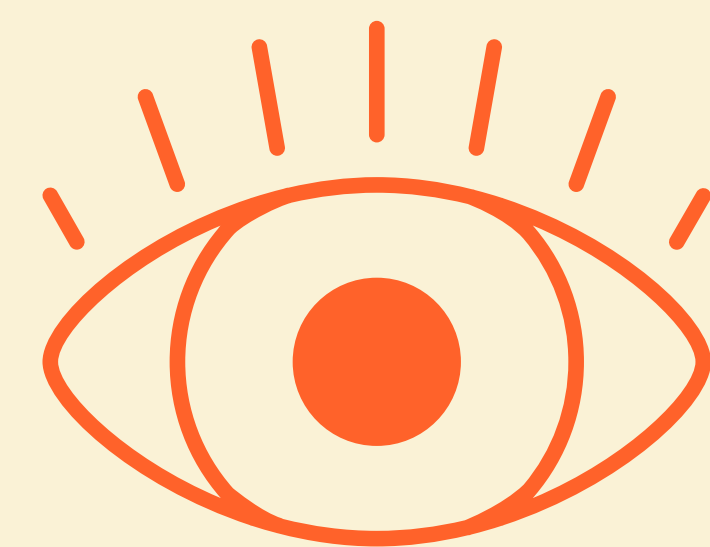
For more information, check out our [Having suicidal thoughts](#) resource.







# NOTICING WHAT'S GOING ON



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*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



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*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 someone.



Connect with someone who makes me feel safe – this could be calling a friend, whānau member or helpline counsellor.



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*How can I make myself safe?*



# WHAT I CAN DO BY MYSELF?



Say a  
karakia/  
prayer

Sing a  
waiata



Treat  
myself to a  
small thing I  
usually enjoy

Listen to  
music that  
makes me  
feel good

Have a  
coffee or  
cup of tea

Play  
with a  
pet

Practice  
breathing  
exercises or  
meditation

Go for a  
walk

Do  
some  
exercise

Take a  
shower or  
bath

Write down  
how I am  
feeling

Do  
some  
gardening

Watch a  
movie



A large, empty rounded rectangular box with a thin purple border, intended for the user to write their responses to the questions below.

*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?*



# WHO CAN I CONNECT WITH?







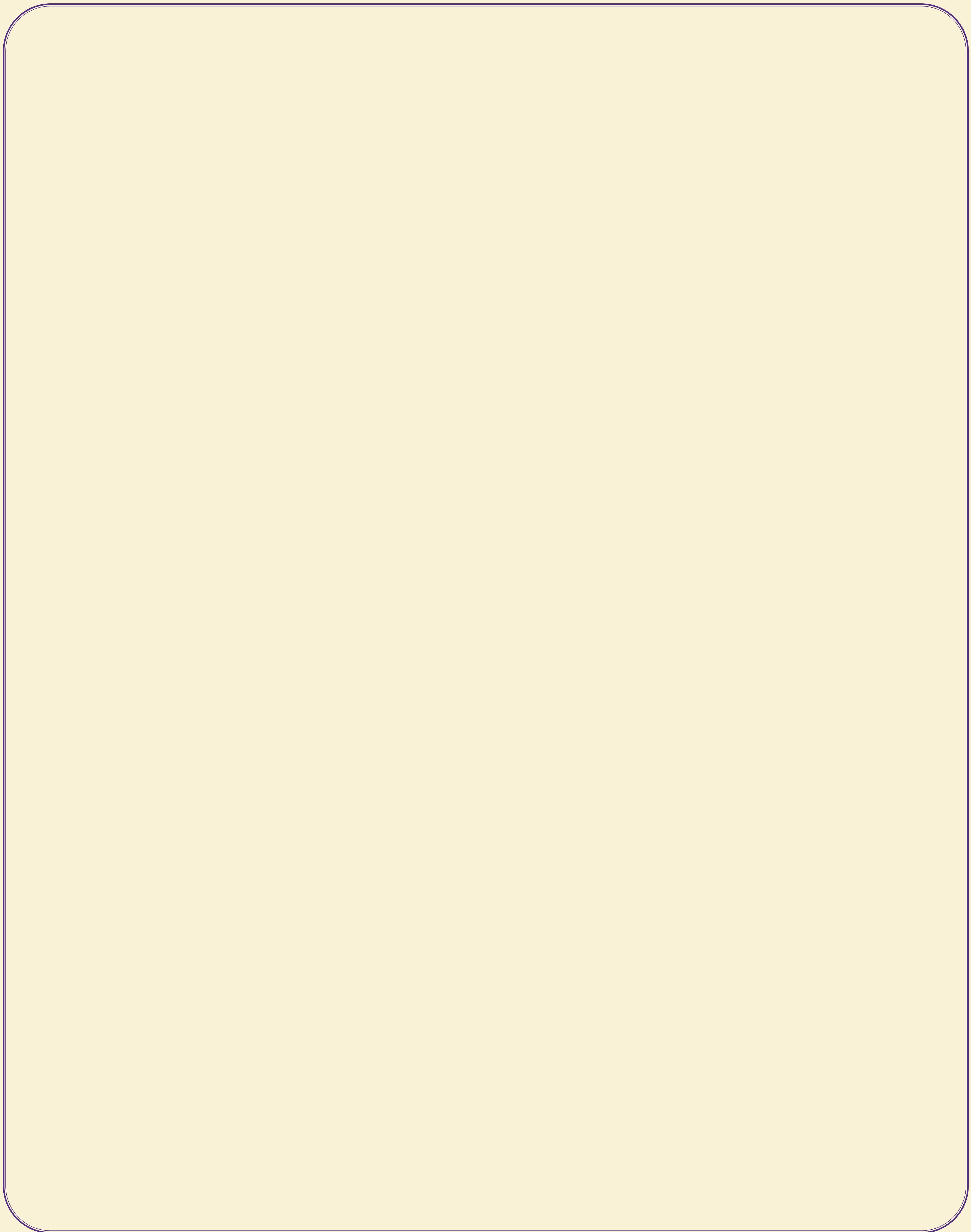
# WHO CAN I CONNECT WITH THAT WILL HELP LIFT MY MOOD?

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 down too.

If you don't know who you can talk to, try phoning a helpline or texting a text counselling service (details are at the end of this resource).





*Who can I call? 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 or free text 4357 for counselling and support

### **Samaritans**

0800 726 666 for someone who will listen

### **Depression Helpline**

0800 111 757 or free text 4202 to talk to a trained counsellor

### **Youthline**

0800 376 633, free text 234  
or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)  
For youth, whānau and friends

You'll find other helpful information at  
[www.mentalhealth.org.nz/get-help](http://www.mentalhealth.org.nz/get-help)