



*“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
reasons
to live**

*My children
or mokopuna*

*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?**

*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*

*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*

*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

- **Samaritans**

0800 726 666

For someone who will listen

- **Lifeline**

0800 543 354

For counselling and support

- **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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