“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
- Getting into arguments
- Drinking to cope with difficult thoughts and feelings
- Feeling like I don't deserve help
- Losing interest in things I usually enjoy
- Feeling like I can't cope
- Feeling like a burden
- Withdrawing from whānau and friends

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

- Someone I love
- Someone I love
- My pets
- My pets
- My children or mokopuna
- My children or mokopuna
- My religion or spirituality
- My religion or spirituality
- My whānau or friends
- My whānau or friends
- My job or volunteer work
- My job or volunteer work
- Things I haven't done yet, that I'm looking forward to
- Things I haven't done yet, that I'm looking forward to
How can I make my environment safer, or take myself out of unsafe situations?

- Avoid people who hurt or upset me
- Get someone to stay with me
- Give my car keys to a friend
- Get rid of things I might use to hurt myself – throw them away, lock them up or give them to friends
What I can do by myself

Go for a walk

Practice breathing exercises or meditation

Waiata alone if I can’t face being with anyone

Listen to music

Write down how I am feeling

Treat myself to a small thing I usually enjoy

Play with a pet

Waiata alone if I can’t face being with anyone

Have a coffee

Do some exercise

Take a shower or bath

Watch a movie

Do some gardening

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.

Spend time with my whānau.

Call, txt, message, or go and visit a friend.

Who can I connect with?

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?

Make a list of supportive people you can talk to and 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

- **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