

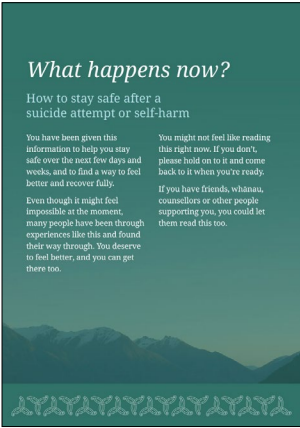
# Suicide Prevention Resources

Most people who consider suicide don't want to die - they just want their pain to end or can't see another way out of their situation. Support from people who care about them, and connection with their own sense of culture, identity and purpose, can help them to find a way through.

The Mental Health Foundation offers a suite of suicide prevention resources that can provide information and support to people who may be at risk for suicide or self-harm, and the families and whānau, communities, and others who support them.

Visit the [Mental Health Foundation website](#) to view or download these resources, at no cost.

You can **order** free hardcopies through the MHF [webstore](#)



# What happens now?

This resource offers information to help people stay safe in the days and weeks after they survive a suicide attempt or serious self-harm. The resource also provides information to friends, whānau, counsellors or support people about how to help.

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[Website](#)

**Audiences:** People who have attempted suicide or self-harm, their friends, families and whānau, counsellors or others.

# Having suicidal thoughts

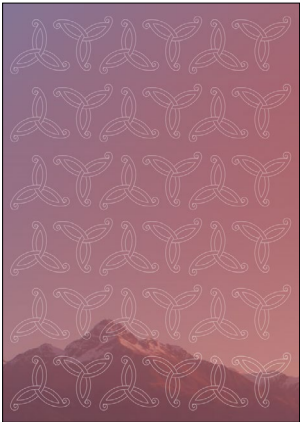
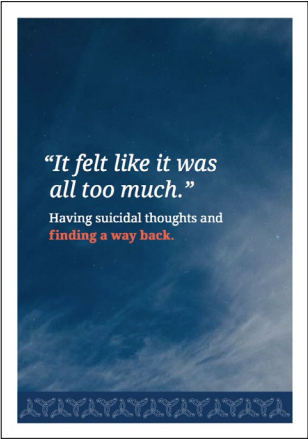
This booklet is for people who are managing their own suicidal thoughts or feelings. It offers information about what support is available, advice from people who have lived through their own suicidal thoughts, and suggestions about recovery. It also includes our *Personal Safety Plan*.

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**Audiences:** People who have attempted suicide or self-harm, their friends, families and whānau, counsellors or others.



# Personal Safety Plan

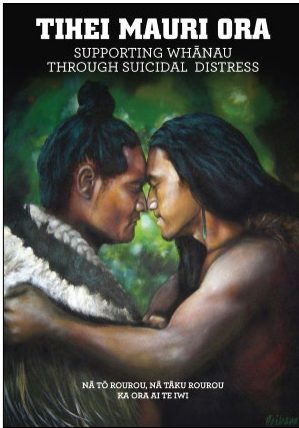
The *Personal Safety Plan* allows someone in distress to keep a record of the things they can do and the people they can turn to if they're in crisis.

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**Audiences:** People who are in distress, considering suicide or self-harm.



## Tihei Mauri Ora

This resource can help whānau and friends to support someone who is in crisis or distress. It provides information about what to look for and how to help someone who may be feeling suicidal and how to find additional information and support.

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**Audiences:** Whānau, friends

## Are you worried someone is thinking of suicide?

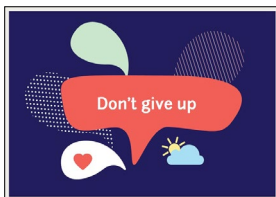
This booklet provides advice for families, whānau and friends who want to learn about warning signs and how to support someone who may be feeling suicidal.

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**Audiences:** Families and whānau, friends, colleagues, teachers and classmates.



## Don't give up & Tihei Mauri Ora (postcards)

These postcards offer encouragement to someone who may be struggling and provides information about how to get help.

[Download Don't Give Up](#)

[Website](#)

[Download Tihei Mauri Ora](#)

[Order hardcopy](#)



**Audiences:** People who are in distress, considering suicide or self-harm.



## Helplines Brochure

In this resource you will find a directory of helplines and local mental health service contact details. To help connect people with their local communities for specific or wider support, this resource includes blank pages for you to fill in with any local helplines and personal supports.

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**Updated regularly.** This resource is available as download only. It is not in print.

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