

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?



Noticing what's going on

Drinking to cope with difficult thoughts and feelings
 Losing interest in things I usually enjoy
 Getting into arguments
 Feeling like I can't cope
 Feeling like I don't deserve help
 Feeling like I don't get enough sleep
 Sleeping a lot more than usual, or not
 Withdrawing from whānau and friends
 Feeling like a burden

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



My reasons to live

Things I haven't done yet, that I'm looking forward to
 My job or volunteer work
 Something I believe in
 My pets
 My children or mokopuna
 My religion or spirituality
 My whānau or friends
 I love someone

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

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
 Free text 4357
 For counselling and support

Samaritans

0800 726 666
 For someone who will listen

Depression Helpline

0800 111 757
 Free text 4202
 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



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“Deep down you will know how to help yourself.”

– Michalea, 34

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

Keeping Safe

Give my car keys to a friend



How can I make my environment safer, or take myself out of unsafe situations?

- 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
- Play with a pet
- Do some gardening
- Do some exercise
- Have a coffee
- Practice breathing exercises or meditation
- Watch a movie

What I can do by myself



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.