

Ko wai ahau?

Who am I?

When you're going through a tough time it's important to have a plan to help guide you through, give you hope and keep you safe.

Know your warning signs

What happens when things get bad? Does your behaviour change, or do you have intense thoughts or feelings? These are warning signs telling you to get help.

🌸 What are yours?

Create a stay safe checklist

When things aren't going well, try to keep yourself safe. Connect with someone you trust and avoid places, people, or items that make you feel unsafe.

🌿 How would you stay safe?

What makes you feel good?

It's hard to find energy or enthusiasm during tough times, but doing small things that bring you hope helps.

🌸 What makes you feel better?

Stay connected

Connecting with friends or whānau or just being somewhere busy can help you feel better.

🌿 Who could you connect with?

🌿 Where could you go?

What's important to you?

During tough times, it helps to focus on what's important to you or something you're looking forward to.

🌸 What gives you hope or brings you joy?

Who's on your support team?

Make a list of people who you're comfortable sharing your feelings with.

🌿 Keep their contact details on your phone or somewhere easy to find.

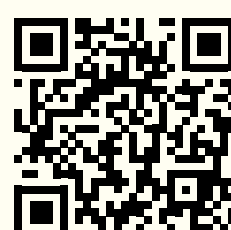
Complete your personal plan today – visit mentalhealth.org.nz/kowaiahau, scan the QR code below or ask your counsellor or health worker for one.

The services below offer free support **24 hours a day, 7 days a week**, and can connect you to other places and people who can help.

- 🌿 Need to talk? Free call or **text 1737** to talk to a trained counsellor
- 🌸 Youthline **0800 376 633**, free text **234** or email talk@youthline.co.nz
- 🌸 Lifeline **0800 543 354**, free text **4357**

Visit mentalhealth.org.nz for other helpful information.

If you need immediate help, **call 111**.



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