



*“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](http://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  
gardening*

*Do some  
exercise*

*Watch a movie*

*Have a  
coffee*

*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?**

*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

- **Lifeline**

0800 543 354

For counselling  
and support

- **Samaritans**

0800 726 666

For someone who  
will listen

- **Depression  
Helpline**

0800 111 757

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](http://www.mentalhealth.org.nz/get-help)



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