



MY OWN SURVIVAL PLAN



**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

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



This personal safety plan allows you to keep a record of the things you can do and the people you can contact to keep yourself safe if you are feeling really bad during the noho rāhui/lockdown and beyond.

This resource is interactive, meaning you can type your thoughts and ideas directly onto the blank pages.

It's important to remember that this too will pass and you deserve help and support to get through.



**“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 someone you trust to help you write it. If that trusted person is outside your home, you may like to kōrero/talk through it over the phone or video chat.

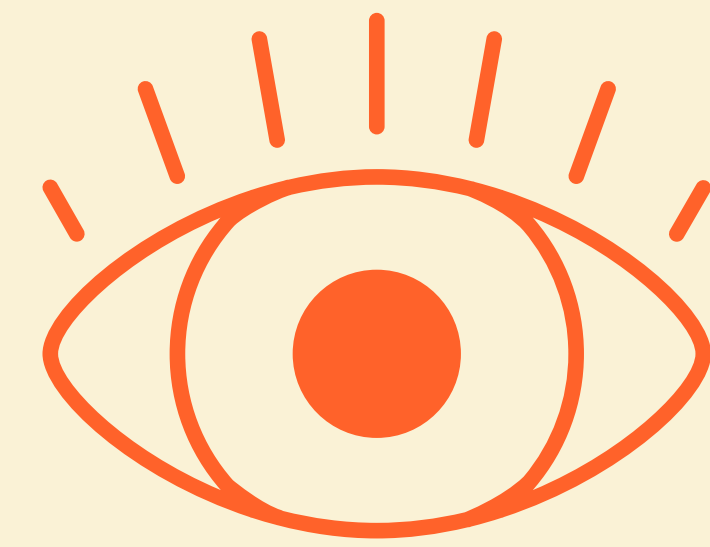
Write your own answers to each question. Be really honest with yourself about what you need and what works for you. There are some examples on each page to help you think of different ideas.

For more information, check out our [Having suicidal thoughts](#) resource.





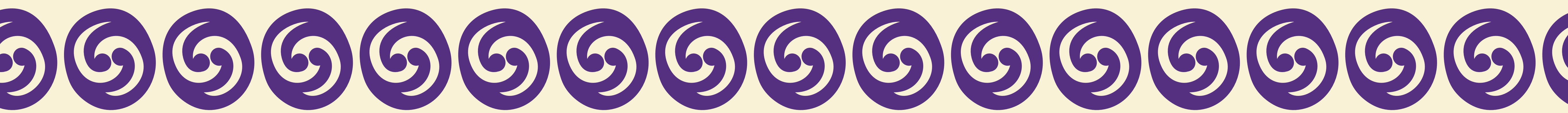
NOTICING WHAT'S GOING ON



A large, empty rounded rectangular box with a purple border, intended for the user to write their responses to the questions below.

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?



MY REASONS TO LIVE



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



KEEPING SAFE

Get rid of things I might use to hurt myself – throw them away, lock them up or give them to someone in my mirumiru/bubble to keep safe.



Connect with someone who makes me feel safe – this could be calling a friend, whānau member or helpline counsellor.

A large, empty rounded rectangular box with a thin purple border, intended for writing an answer to the question below.

How can I make my mirumiru/bubble safer?



WHAT I CAN DO BY MYSELF?



Say a
karakia/
prayer

Sing a
waiata



Treat
myself to a
small thing I
usually enjoy

Listen to
music that
makes me
feel good

Have a
coffee or
cup of tea

Play
with a
pet

Practice
breathing
exercises or
meditation

Do
some
exercise

Take a
shower or
bath

Go for a walk
around my local
neighbourhood

Watch a
movie

Write down
how I am
feeling

Do
some
gardening



A large, empty rounded rectangular box with a purple border, intended for writing a response to the questions below.

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?*



WHO CAN I CONNECT WITH?





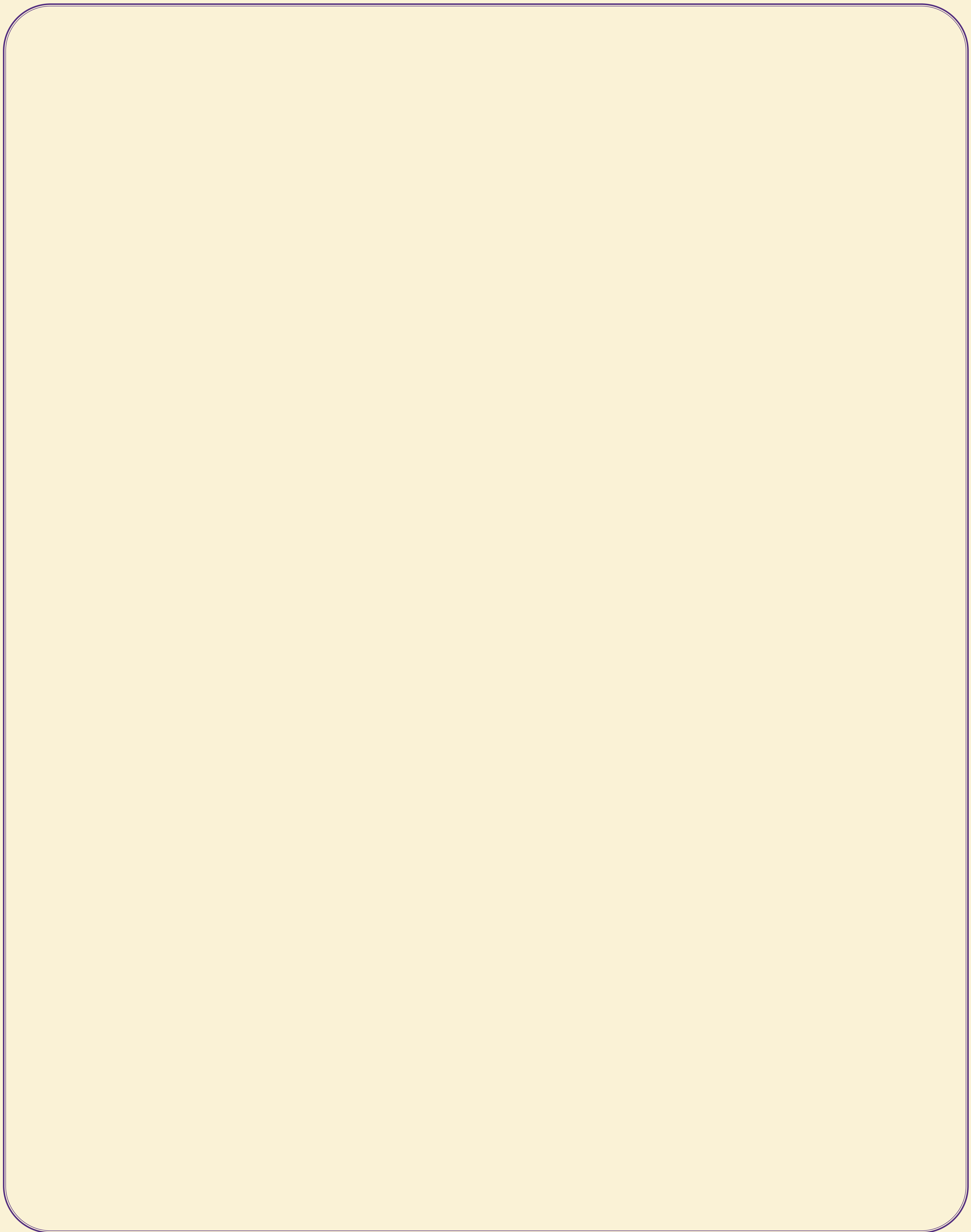
WHO CAN I CONNECT WITH THAT WILL HELP LIFT MY MOOD?

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 down too.

If you don't know who you can talk to, try phoning a helpline or texting a text counselling service (details are at the end of this resource).





Who can I call? 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 or free text 4357 for counselling and support

Samaritans

0800 726 666 for someone who will listen

Depression Helpline

0800 111 757 or 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