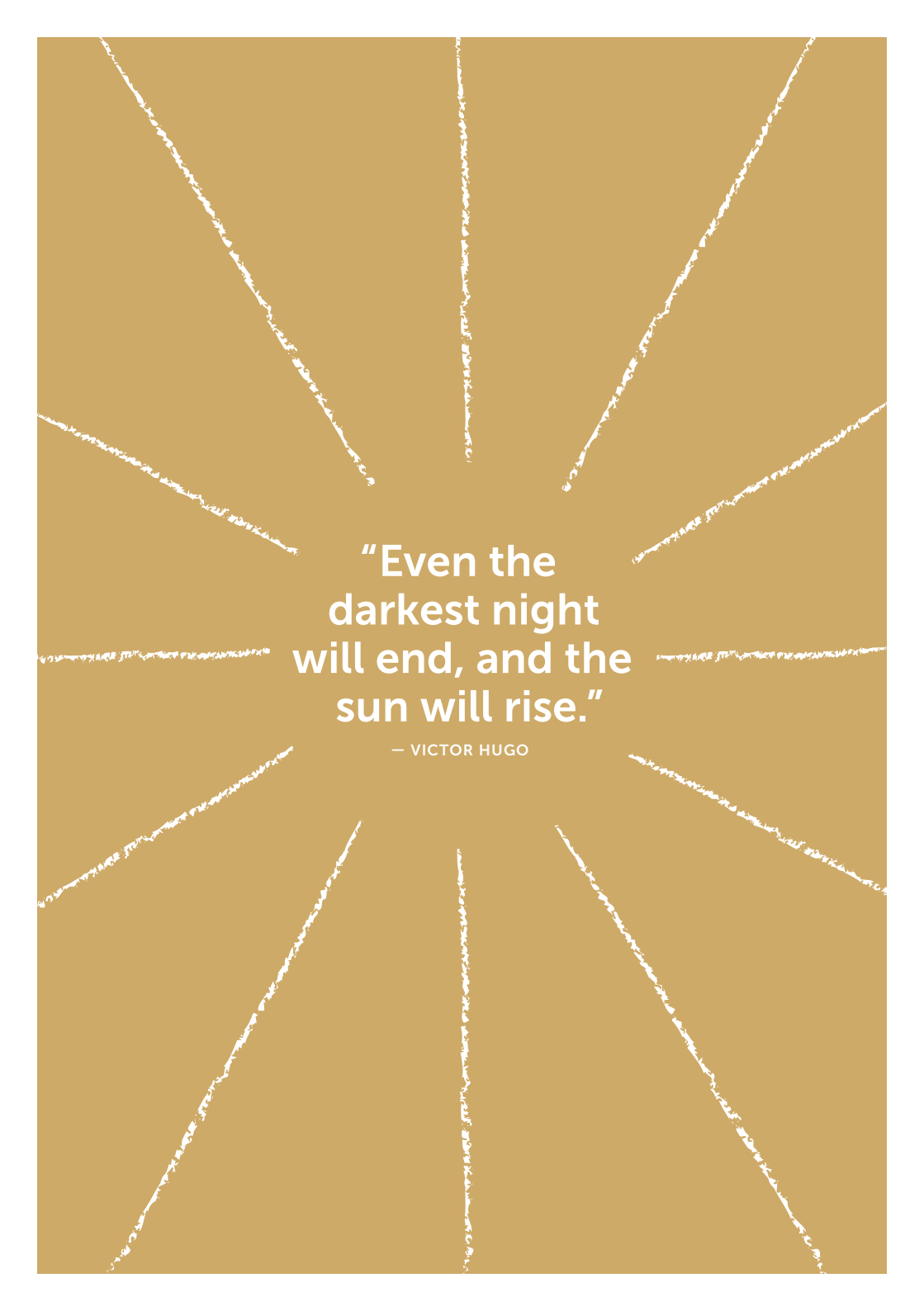


My Own Safety Plan

[Workbook]



Tautoko Tāne
Male Survivors Aotearoa



**“Even the
darkest night
will end, and the
sun will rise.”**

— VICTOR HUGO

A safety plan is a helpful tool to keep you safe when you are experiencing suicidal thoughts or are going through tough times and feeling like you just can't cope.

Making a plan doesn't mean you expect to struggle—it means you expect to get through it.

The best time to make a plan is when you're in a quiet place and feeling calm and clear-headed. And you don't have to do this alone. A friend, your peer support person, or another health professional can help you put it together.

To help you create your plan, we have provided some prompt questions on each page to help you think of different ideas. Make a start by writing your own answers to each of these questions. Be really honest with yourself about what you need and what works for you.

Remember, you know yourself best. You've got this.

“At the centre of your being, you have the answer; you know who you are, and you know what you want.” – LAO TZU

SLEEPING
way more than
usual or struggling
to get enough
rest

PULLING AWAY
from family/whānau
and friends

**LOSING
INTEREST**
in things
I usually
enjoy

Feeling
like I **DON'T
DESERVE**
support

**Noticing
what's
going on**

Feeling
like I
**CAN'T
COPE**

Finding
myself
ARGUING
more often

Drinking
to cope with
TOUGH
thoughts and
emotions

Feeling
like I'm just
**IN THE
WAY**

► What changes do I notice in my thoughts, feelings, or behaviour when things get really tough?

► What are the signs that tell me it's time to do something to help myself?

My family/
whānau and/or
my close
FRIENDS

PEOPLE
I love and care
deeply about

My
PETS

My religion
or
SPIRITUALITY

My
reasons
to live

My
children or
MOKOPUNA

My 'bucket
list' of things
I want to do or
ACHIEVE

Something I
BELIEVE IN
and are
committed to

My contribution
to my community
— my work, my
volunteering or
HELPING
OTHERS

► When I'm feeling really low, what are the things I can remember that matter most to me and make my life worthwhile?

Get rid of anything
that could be used
for SELF-HARM
- throw it away,
lock it up or give
it to a friend

AVOID people
who hurt or upset
me - hang out
with people who
know and
support me



Keeping safe

Give my
car or
motorbike
keys to a
FRIEND



Have
someone
stay with
me for
SUPPORT



ARRANGE
to stay with
friends or
family / whānau

Avoid situations
and places that will
TRIGGER my
fears and anxieties

► What can I do to make my space feel safer or remove myself from risky situations?

**What I
can do by
myself**

Write down
how I am
FEELING

Listen to
MUSIC

WAIATA
alone if I can't
face being with
anyone

Watch a
MOVIE

Go for a
WALK

Take a
shower or
BATH

Play with
a PET

Have a
COFFEE

Do some
EXERCISE

Treat myself
to a small thing
I usually
ENJOY

Do some
GARDENING

Practice breathing
exercises or
MEDITATION

► What can I do to take my mind off these thoughts?

► What are some things I can still manage, even when I'm feeling really low?

Contact your
PEER SUPPORT
worker or members
of your peer
support group

Hang out in a
PUBLIC PLACE,
like a cāfe,
library or a
busy park

Who can
I connect
with?

SPEND
TIME
with my
family/
whānau

Visit a local
COMMUNITY
centre

Contact a friend
to catch up in a
RELAXING PLACE
or perhaps go for
A WALK

► Who are the people that help me feel a little better?

► Where can I go to be around others and feel more connected?

If you would like to make contact with someone to talk to and/or HELP YOU with your plan, try contacting the Tautoko Tāne centre nearest you.

If you're working with a peer support worker, a counsellor or another health professional, write their details HERE →

My
support
team

If you are seeking URGENT HELP and 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 reach out to when I need support?

► How can I contact them?

PS Take a picture of this on your phone

Looking for support?

If you are a male survivor seeking free ongoing support, including referrals to counsellors and other health professionals, talk to a Tautoko Tāne centre near you.

A male survivor is a person identifying as male who has suffered physical, sexual, emotional, psychological or domestic violence, abuse or harm.

Tautoko Tāne

Te Tai Tokerau	0800 672 888
Tāmaki Makaurau	0800 448 484
Waikato	0800 044 334
Bay of Plenty	0800 106 500
Tairāwhiti	0800 120 072
Hawkes Bay	0800 368 342
Wellington	0800 118 104
Nelson/West Coast	0800 044 334
Otago	0800 676 656

For URGENT & IMMEDIATE support the following organisations offer free support 24 hours a day and 7 days a week. They can also refer you to other support services.

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

Tautoko Tāne Aotearoa acknowledge that this publication is informed by recent publications issued by the NZ Mental Health Foundation and the NZ Ministry of Health (Manatū Hauora).
www.mentalhealth.org.nz

www.tautokotāne.aotearoa.nz

