

My mental health safety plan (adult)

It's a good idea to have a plan in case your mental health deteriorates.

If you think about some of the important issues in advance, you're likely to feel less afraid and panicky when things get worse. It'll give you more confidence about how to get help.

It's best to work through this plan with a support person who you trust.

Early warning signs

Early warning signs that your mental health is deteriorating might include:

- withdrawal from friends and from activities you usually enjoy
- thoughts of wanting to die
- thoughts of wanting to harm yourself (not necessarily ending your life)
- preparing for a suicide attempt
- feeling hopelessness and helplessness more often
- making choices that put your life at risk more often
- physical symptoms such as change in sleep (too much or too little), low energy, low appetite or loss of motivation and concentration
- not being able to manage day-to-day things that you managed before.

My early warning signs

1.

2.

3.

4.

Actions to take

When your mental health starts to deteriorate, it often helps to take some positive steps. These may improve your mood and lift your spirits. They may also distract you from actions that could harm your well-being.

Positive steps could be fun activities, exercise or spending time doing a hobby. Spending time with a particular person might also help. Come up with a few things that you could do to help lift your mood.

My actions if my mental health deteriorates

1.

2.

3.

4.



My people to contact

List the trusted people to call if you aren't feeling safe.

- You can call your GP practice and ask to speak to a practice nurse during working hours
- After hours, or if other contact options aren't available, or if you need help NOW, contact the Mental Health Crisis Response Service **0800-920-092**.

Family or friend contacts

1 st family contact	_____	Phone	_____
2 nd family contact	_____	Phone	_____
1 st friend contact	_____	Phone	_____
2 nd friend contact	_____	Phone	_____

Mental health team contacts

My counsellor	_____	Phone	_____
My GP	_____	Phone	_____
My case worker	_____	Phone	_____
Other	_____	Phone	_____

Other people who can help me

Lifeline

- Phone **0508-828-865** (24/7 suicide crisis helpline)
- Phone **0800-543-354** or text "Help" to **4357** (24/7 helpline)
- Phone **0800-888-880** (Chinese helpline)
- Website: lifeline.org.nz
- Helpline offering free confidential support for people in distress, including a specific suicide crisis line

Samaritans

- Phone **0800-726-666**
- Website: samaritans.org.nz
- 24/7 free confidential phone service for anyone in distress

Depression helpline

- Phone **0800-111-757** or text **4202**
- Website: depression.org.nz
- Free 24/7 helpline with trained phone counsellors

Emergency Mental Health Team

- Phone **0800-920-092** (Christchurch) or **0800-222-955** (Ashburton)
- Urgent or crisis mental health care

Written by HealthInfo [clinical advisers](#). Last reviewed December 2020.