

**THESE ARE THE
PEOPLE IN YOUR
NEIGHBOURHOOD
THAT ARE ABLE
TO SUPPORT:**

0800 HEWAKATAPU
4 3 9 2 5 2

Ra Dallas
Zion Tauamiti
Lovey Ratima-Rapson.

WHO CAN HELP?

If you or someone else is at risk of harm right now call 111, and follow their guidance on what to do.

Lifeline..... 0800 543 354
Youthline..... 0800 376 633
Suicide Prevention..... 0508 TAUTOKO
Samaritans..... 0800 726 666

A person who is distressed might not ask for help, but that doesn't mean that help isn't wanted. Most people who attempt suicide don't want to die – they just want to stop hurting. Support and connection with whanau, friends and culture can help them to find a way through.

- Almost everyone who takes their own life has given some clue or warning.
- Most suicidal people are likely to be extremely distressed, despairing, depressed, grief stricken or in emotional/physical pain. They are not 'crazy'.
- Even the most determined person has mixed feelings about death. Most people just want their pain to stop.
- You must break any promise you make to keep a suicidal plan secret. You may lose a friendship, but you could save a life.
- Talking openly about suicide to someone who can help and support them will likely reduce a person's risk of suicide – not give them the idea to try it.
- People who have attempted suicide before are more likely to complete a suicide next time.
- People who attempt suicide may seem selfish or attention-seeking. Mostly they are overwhelmed and need help.
- Suicidal feelings are a temporary response to an overwhelming situation. These feelings pass with the right support.
- People thinking about suicide often tell their friends and whanau about their thoughts and plans. Sometimes they ask a doctor for help.

NAME:

TEAM:

I have a lot of people in my life I care about but sometimes it's not easy to talk to them about my feelings.

Thankfully though, I have within my circle the 'support team' I know are there for me no matter what.

MY SUPPORT TEAM:

Name:

Number:

Name:

Number:

Name:

Number:

Name:

Number: