

# Suicide Prevention Resources

Most people who consider suicide don't want to die - they just want their pain to end or can't see another way out of their situation. Support from people who care about them, and connection with their own sense of culture, identity and purpose, can help them to find a way through.

The Mental Health Foundation offers a suite of free suicide prevention resources that provide information and support to people who may be at risk of suicide or self-harm, and the families and whānau, communities and others who support them.

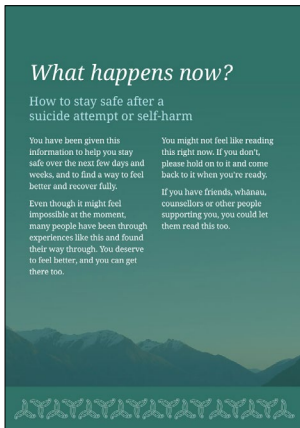
**Visit** the [Mental Health Foundation website](#) to view or download these resources

**Order** free hardcopies through the MHF [webstore](#)



**Mental Health Foundation**  
*mauri tū, mauri ora* OF NEW ZEALAND  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

## For patients who have attempted suicide:



### What happens now?

This resource offers information to help people stay safe in the days and weeks after they survive a suicide attempt or serious self-harm. The resource also provides information to friends, whānau, counsellors or support people about how to help.

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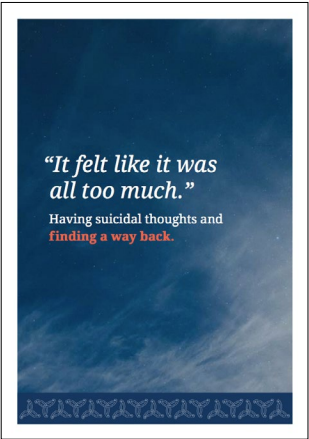
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## For those at-risk of suicide or self-harm:

### Having suicidal thoughts

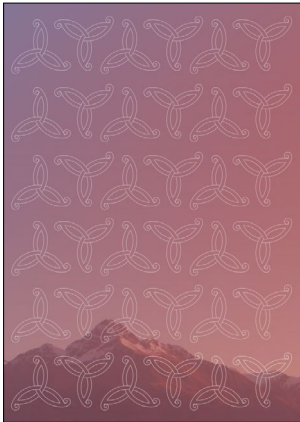
This booklet is for people who are managing their own suicidal thoughts or feelings. It offers information about what support is available, advice from people who have lived through their own suicidal thoughts, and suggestions about recovery. It also includes our *Personal Safety Plan*.



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### Personal Safety Plan

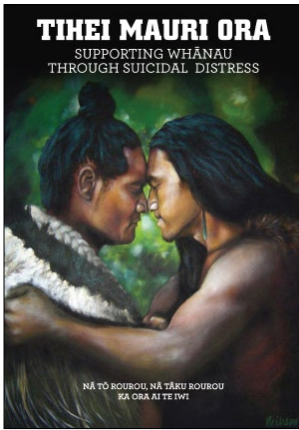
The *Personal Safety Plan* allows someone in distress to keep a record of the things they can do and the people they can turn to if they're in crisis.

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## For families and whānau, friends, and others:



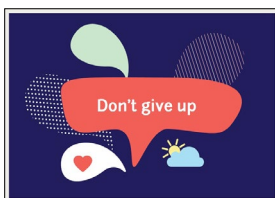
### Tihei Mauri Ora

This resource can help whānau and friends to support someone who is in crisis or distress. It provides information about what to look for and how to help someone who may be feeling suicidal and how to find additional information and support.

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### Are you worried someone is thinking of suicide?

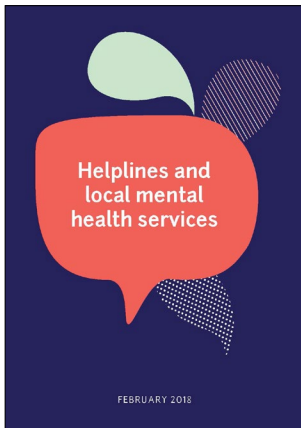
This booklet provides advice for families, whānau and friends who want to learn about warning signs and how to support someone who may be feeling suicidal.

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### Don't give up & Tihei Mauri Ora (postcards)

These postcards offer encouragement to someone who may be struggling and provide information about how to get help.

[Download Don't Give Up](#)[Website](#)[Download Tihei Mauri Ora](#)[Order hardcopy](#)



## Helplines Brochure

This resource contains a directory of helplines and local mental health service contact details. It includes blank pages for you to fill in with any local helplines and personal supports.

This brochure is updated regularly and is available as download only.

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