

My Plan



How I want things to be:

AOD Helpline:

0800 787 797

What I want to work on: goal(s)

Things I already do that support my goal(s)

New things I will try to help me reach my goal(s)

Things that could trip me up:

I'll try to overcome these by:

My strengths and supports:

Other thoughts and ideas:

When stuff gets difficult or tough...

Signs that show I'm feeling low, unhappy, stressed or anxious:

AND

Signs that I am managing stuff:

Things (triggers) that upset me:

Things I can do to manage my feelings and actions when these triggers happen:

When these don't work I can...

Call my support person	
Call Youthline	0800 376 633 or text 234
Call Mental Health Helpline	Phone or text 1737
Call Alcohol & Drug Helpline	0800 787 797
Emergency Mental Health Service	0800 467 846
Talk to:	

Useful Free Apps

(Please note emergency contacts on apps do not work in NZ)



Smiling Mind - for mindfulness ideas



SAM - For anxiety, stress, breathing tools



Virtual Hope Box - for distraction ideas

Other useful information or numbers:

Example	Phone number
Doctor	

Useful Free Websites

The Low Down: <https://thelowdown.co.nz/>
Ideas for when life sucks

Depression.org: <https://depression.org.nz/>
Anxiety and depression support

No Safe Limits: <http://nosafelimit.co.nz/>
Alcohol and drug support

Thrive! Te Pae Ora: <https://www.thriveservices.org.nz/>
Information about Thrive! Te Pae Ora services and
useful resources