



Ko wai ahau?

Who am I?






Whakatauki

E kore au e ngaro,
he kākano i ruia mai
i Rangiātea.

I shall never be lost,
I am a seed sown
from Rangiātea.

Ko wai ahau? (Who am I?)

Kia ora. This pathway will guide you when you're feeling overwhelmed, help you get through tough times, give you hope and keep you safe.

Try to work through this pathway when you're feeling calm. Be really honest with yourself - write notes, draw pictures or scribble thoughts... whatever comes naturally. When you see  take photos of the page so you can easily check it during challenging times. This pathway doesn't need to be completed all at once - take some time and come back and add to it.

Ask a mate you trust or a supportive family/whānau member to work through this with you. You could also ask another support person, like a school counsellor or health worker, to give you a hand. They can encourage you or help give you ideas if you're struggling with what to put on your pathway.



We've included some examples to kick off the kōrero, but there are no right or wrong answers - do what feels right for you!

What's happening with me?



lost hope/feel angry
sleepy/can't sleep
questioning my sexuality
feel sad/frustrated/scared/nothing
arguing/too much alcohol or drugs
feel overwhelmed/like a burden
feelings of shame/self-harming
want to be alone/avoiding whānau or friends
struggling with school/work
thinking about death/dying
insecure about my looks
can't breathe/having panic attacks
thoughts of suicide/killing myself
feeling isolated
questioning my identity



What happens when things get really bad? Do you have intense feelings or thoughts? Does your behaviour or the way you react to things change? These are warning signs - telling you to act or seek extra support.

Make a list of your warning signs.

Stay safe checklist



take a break from toxic social media
limit screen time

remove items that make me feel unsafe
- give to a mate, throw away or lock up

stay away from places that make me sad

give my car keys to someone I trust

avoid people who hurt or upset me

call a helpline/contact a counsellor

be with or talk to someone who cares about me

do things that make me feel good



You can **call** or **text 1737** anytime to talk to a trained counsellor or contact **Youthline** (free call 0800 376 633 or free text 234).

When things aren't going well, you need support to keep yourself safe. Reach out to someone you trust or connect with a counsellor or health worker.



What's on your stay safe checklist?

What makes me feel good?



being with friends who make me feel good

gaming, skateboarding, playing sport...

being on the marae/being outside

watching a beautiful sunset

moving! – running, walking, dancing...

cuddling my pet/walking on a beach

taking deep breaths/stretching

writing, reading, drawing, taking photos, baking...

saying a prayer/going to church

listening to positive, happy music

eating something delicious/shopping for a treat

It's hard to find energy or enthusiasm during tough times, but doing small things that bring you hope can help when you're experiencing challenging thoughts.

What helps you get to
a better space?

Stay connected



spend time with/call/message a mate

walk on the whenua with mates or whānau

visit my nanny/koro/other whānau

go to the gym/marae/library/
community centre...

go to a busy mall/playground/café

play cards or board games with flatmates
or whānau

Connecting with friends or whānau or just being around others at busy places can help you feel better. Think about where you could go or who you could connect with.

What support do you need from people at this time?

What's important
to me? 

my mates  my pets

someone I love who understands me

my art/music/writing/sport...

my whānau

my faith

an upcoming holiday/sports event

During tough times try to focus on what's important to you or something you're looking forward to.



What gives you hope or brings you joy?

This probably hasn't been easy, but you've done some great mahi! Look back over your pathways and record three things you'll do to help you feel better when times are tough.



1

2

3

My support team



Make a list of people you're comfortable sharing how you're feeling with. It may be a counsellor, doctor, whānau member or trusted mate(s).

Name:.....	Phone:.....
Name:.....	Phone:.....
Name:.....	Phone:.....
Name:.....	Phone:.....
Name:.....	Phone:.....
Name:.....	Phone:.....

Finding help

The services below offer free support 24/7 and can connect you with others who can help you.

1737: Free call or text **1737** to chat with trained counsellors

Youthline: **0800 376 633** Free text **234**
talk@youthline.co.nz

Lifeline: **0800 543 354** Free text **4357**

You may like to read the booklet *“Having suicidal thoughts and finding a way back”*, and there's other helpful information at mentalhealth.org.nz/help/support-for-myself

Remember, if you or someone you know needs immediate help - **call 111.**



MINISTRY OF
HEALTH

MANATŪ HAUORA



Mental Health Foundation

mauri tū, mauri ora

OF NEW ZEALAND

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