



Is it all too much?

Support and participate

If you are feeling down or hopeless, the best thing you can do is talk about it and surround yourself with a support system. Participate in things you enjoy, talk to your family, your friends, colleagues, a spiritual group or one of the many community groups out there that are ready to help you.

Communication is key

Suicide prevention is about taking a healthy approach to life. Part of building resilience against life's challenges is learning good life skills. This includes: setting goals, decision-making, learning how to communicate well with your social peers and your family, being physically healthy, and learning the best ways to manage conflicts you may face.

People face stress and challenges throughout their lives

This can stem from social situations, bullying, broken relationships, financial stress, redundancy, loss of partners, loneliness, isolation, pain and illness.

Suicide is the extreme result of when someone feels they cannot cope with life

Suicide shouldn't be a taboo topic, especially if talking about it has the potential to save lives, and prevention is most successful when it takes place in the early stages.

If someone reaches out to you, listen to them

So often we get busy and caught up in our lives, we forget to take time out to spend time and talk with the people we care about.

There are supportive people to talk to...

MidCentral DHB's Mental Health Line | 0800 653 357

Mana o te Tangata Trust
Palmerston North (06) 358 5444
admin@manaotetangata.org.nz

Levin (06) 367 3393 levin@manaotetangata.org.nz

Manawatu Supporting Families
Palmerston North (06) 355 8561
Levin (06) 368 6116
Dannevirke (06) 374 8797

christine@manawatusf.org.nz | www.manawatusf.org.nz

Lifeline | www.lifeline.org.nz | 0800 543 354

Depression Helpline | 0800 111 757 | www.depression.org.nz

Suicide Crisis Helpline | 0508 828 865

Maori Alcohol Helpline | 0800 787 798

ACROSS | (06) 356 7486

Healthline | 0800 611 116

Samaritans | 0800 726 666

Youthline | 0800 376 633 | free text 234
talk@youthline.org.nz

What's Up | 0800 942 8787 (0800 WHATSUP)
(for 5-18 year olds; 1pm to 11pm)

Kidsline | 0800 543 754 (0800 KIDSLINE)

OUTLine NZ | 0800 688 5463 (0800 OUTLINE)

The Low Down | free text 5626 | team@thelowdown.co.nz
www.thelowdown.co.nz (texts and emails will be responded to
between 12 noon and midnight)

www.sparx.org.nz | www.commonground.org.nz

www.mentalhealth.org.nz | Your GP team

**Mauri tū
Mauri ora**

**An active soul is
a healthy soul**

