



Client Name:	Clinician:	Date:
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Wellbeing Plan

What I'd like to change / talk about / like to be different:

What is going well right now?

Who supports me?

My support person / their phone number:

What will I notice when things get better?

Things I could try that might help:

Useful Free Apps and Websites:

- Thrive Te Pae Ora www.thriveservices.org.nz – wellbeing information and useful resources
- 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



- Smiling Mind – for mindfulness ideas
- SAM – for anxiety, stress, breathing tools
- Virtual Hope Box – for distraction ideas

Please note emergency contacts on some apps do not work in Aotearoa NZ



ADL

Client Name:

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Safety Plan (When Things Get Tough)

What are my warning signs that tell me I need to take action? (thoughts, moods, behaviours, situations, signs I'm not feeling great)

Things I can do if I'm thinking about hurting myself or others:

Things I can do to make my environment safer or take myself away from an unsafe situation:

Who can I be around that will help lift my mood?

Where can I go to connect with other people?

What are the things that are most important to me and are worth living for?

When these ideas don't work, I can ask these people for help:

Call my Safety Person:

Mental Health Helpline

Phone / Text 1737

Youthline

0800 376 633
or text 234

Alcohol & Drug Helpline

0800 787 797

Emergency Mental Health Service

0800 46 78 46

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