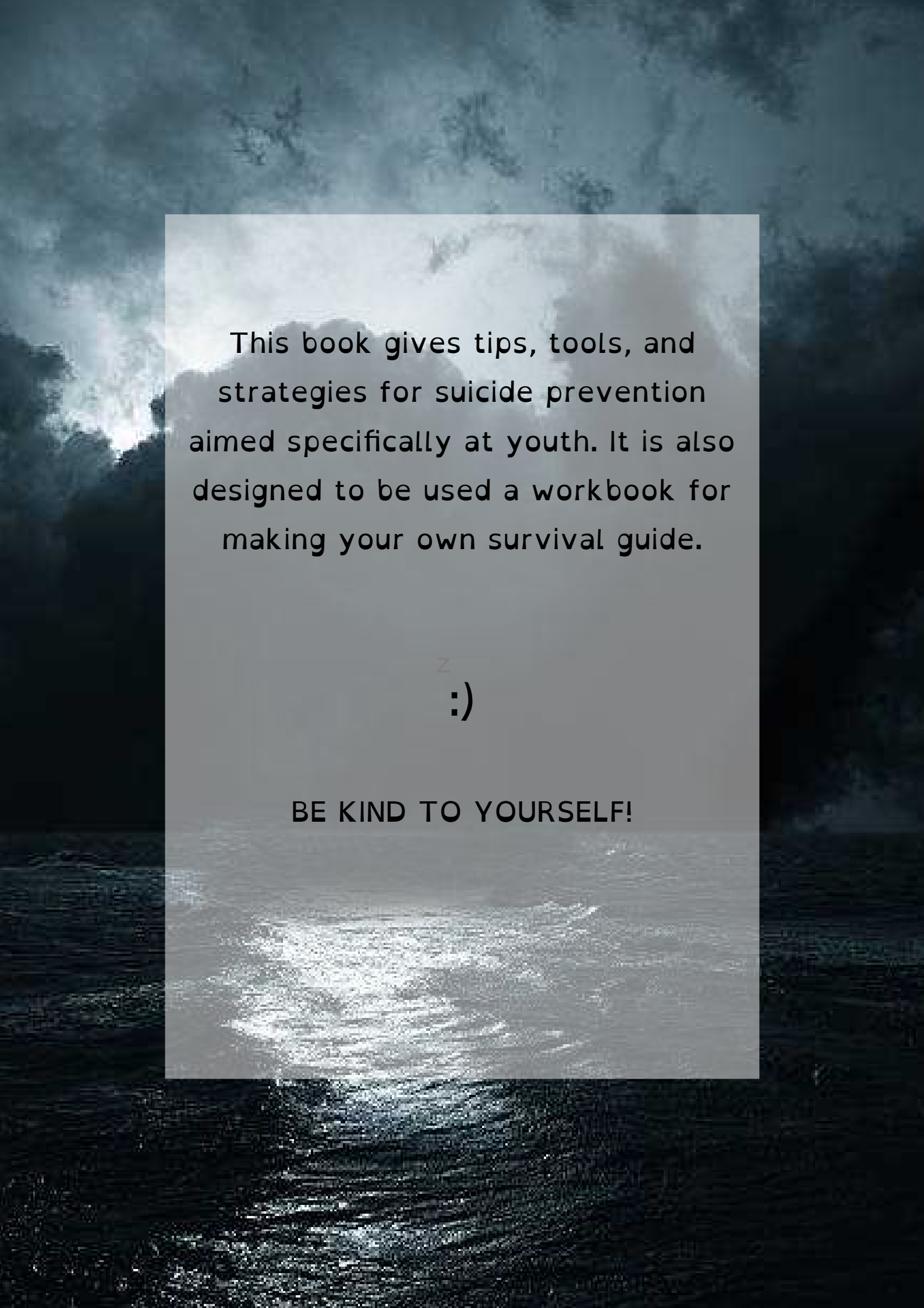


# Survival Guide

**free kids  
Books**



This book gives tips, tools, and strategies for suicide prevention aimed specifically at youth. It is also designed to be used a workbook for making your own survival guide.

z  
:)

**BE KIND TO YOURSELF!**

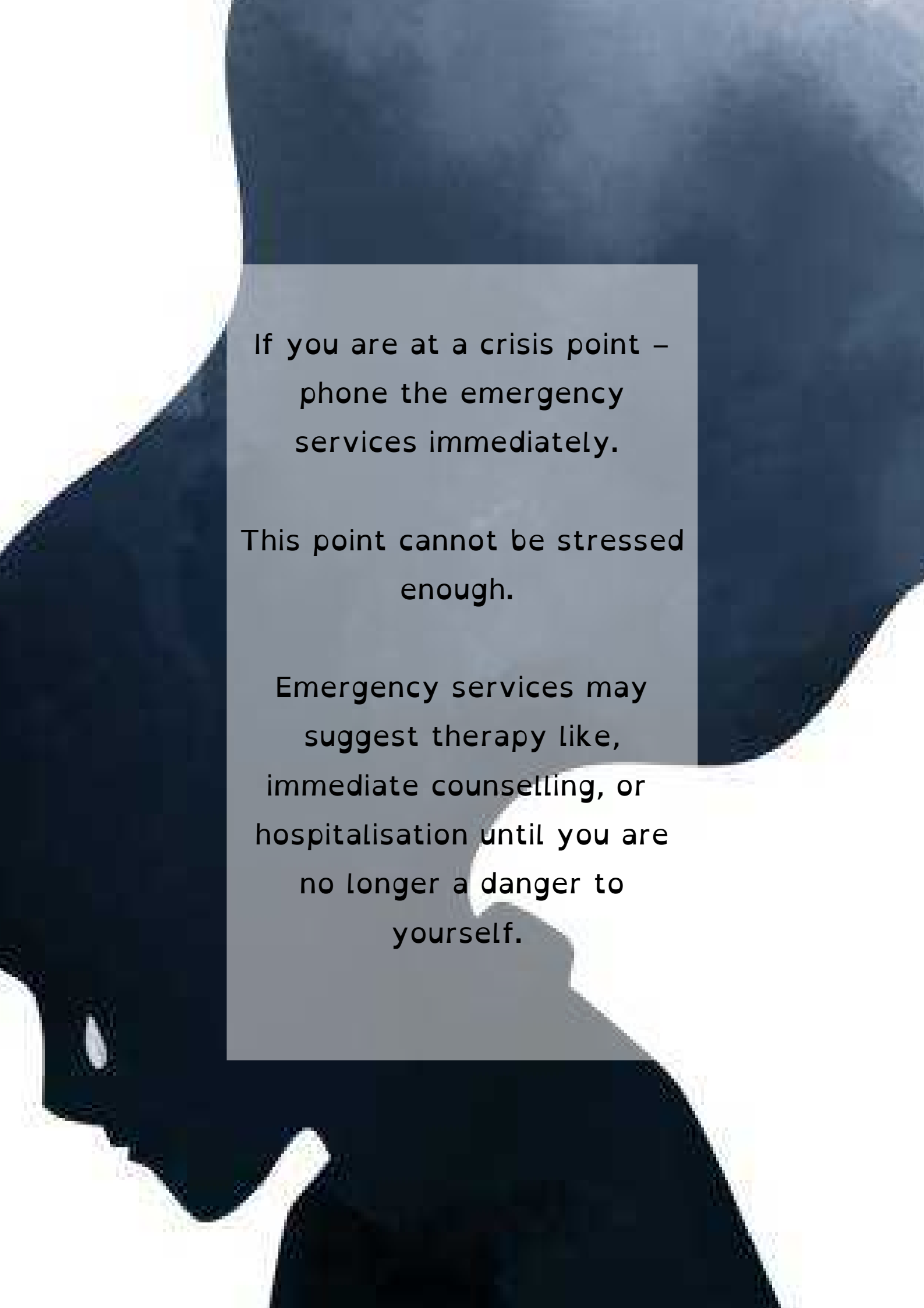
What ever you may be feeling, know that,

**YOU ARE NOT ALONE.**

Believe us when we say, there are many people that have gone through similar experiences to what you are going through and can help you get through.

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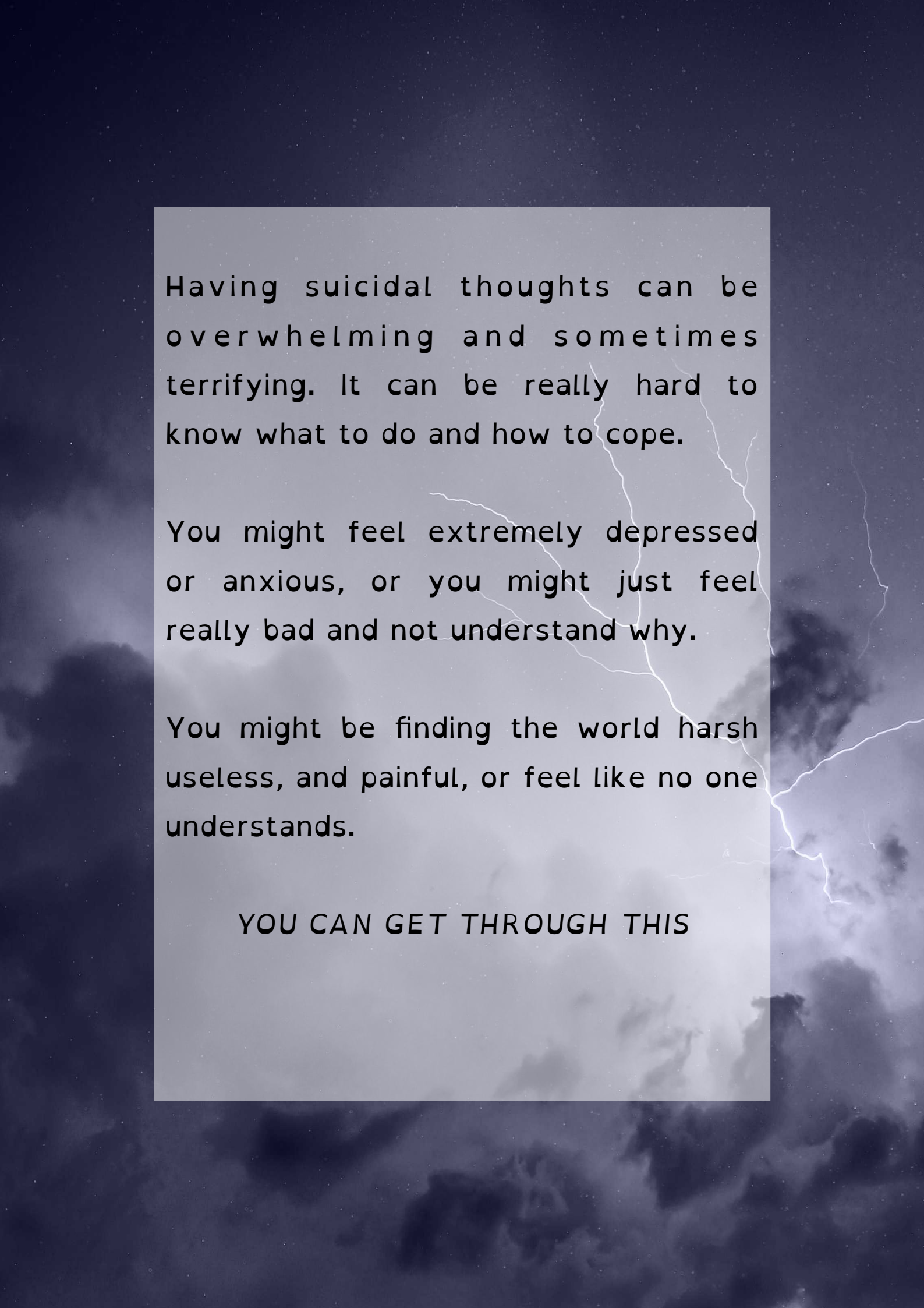
It can feel much worse if no one knows what you're going through or how bad you feel. You don't need to deal with this alone. There are people who are willing, able, and available to help you



If you are at a crisis point –  
phone the emergency  
services immediately.

This point cannot be stressed  
enough.

Emergency services may  
suggest therapy like,  
immediate counselling, or  
hospitalisation until you are  
no longer a danger to  
yourself.



Having suicidal thoughts can be overwhelming and sometimes terrifying. It can be really hard to know what to do and how to cope.

You might feel extremely depressed or anxious, or you might just feel really bad and not understand why.

You might be finding the world harsh, useless, and painful, or feel like no one understands.

**YOU CAN GET THROUGH THIS**

Some quotes from people who  
have been there:

*“Talking is healing for the  
mind and spirit.”*

*“It can pass. It will not be  
everlasting, even though it  
feels like it is.”*

*“Tell someone. There is  
someone desperate to  
know.”*

## Create Your Own Survival Plan:

It can help to make your own plan for what to do when things feel really bad. Try to find a time when you're feeling calm to make your plan. You could ask a friend, family member, or a health professional to help you write it.

Write your own answers to each of the question. Be really honest with yourself about what you need and what works for you. Before each work page we have included some notes and examples where available to help you think of ideas.

## Create your own Survival Plan (cont.):

Creating a survival plan in itself can be an uplifting experience and you might enjoy being creative with a physical journal and some scrap paper or design your own booklet in Canva or Open Office Draw.

You can also print the blank pages in this book and write on them or you can use the editable version of this book as a template to create your own book, available here: [Survival Guide odg](#).



# Contents of a Survival Plan:

- Notice what's going on
- What can I do for myself
- How do I keep safe
- What are my reasons to live
- Who can I connect with
- Emergency actions

Remember, this is just a guide, you can include any additional pages that may improve your mood and remove any that don't work for you, but the above are recommended as a minimum.

## **notice what's going on**

*Fill in your thoughts, feelings, behaviours*

Be aware of changes in your thought patterns and behaviours. Work out what behaviours signal that you may be entering an at risk time.

If clinical depression is the cause of your situation you may not even have reasons for these feelings but if you are self aware you will see the signs and know when it is time to get help.

If your situation is triggered by circumstances you can list these too – what specific actions or events make you particularly vulnerable.

## notice what's going on

Fill in your thoughts, feelings, behaviours  
(example):

- Not interested in previously enjoyed activities
- Sleeping more/less
- Eating more/less
- DARK THOUGHTS
- Feelings of low self worth
- Getting into arguments
- Feeling I can't cope

Thoughts of  
self harm

Fear and  
anxiety over  
everyday things

Closing myself off  
from people

Be creative,  
consider some  
text boxes or  
doodles :-)  
this is  
your book!

## **notice what's going on**

*Fill in your thoughts, feelings, behaviours here:*

## **What can i do for myself**

*Create a list of activities that make you happy*

When you are very depressed or at a crisis point, it is difficult to think of anything at all that you can do to improve things. The idea behind this list is that when you are in a better mood you can delve into all the activities that make you feel better and or that can help improve your mood, that you can them remind yourself of when you find yourself slipping.

Try to list behaviours or activities that are easily accessible for example things that don't cost money or depend on someone else's actions.

## **What can i do for myself**

Create a list of activities that make you happy

(Example)

- Write in my journal
- Join an online game
- Read something inspiring
- Post on a self help forum
- Respond on a self help forum
- Go for a walk or do some exercise
- Cuddle with my cat
- Text someone
- Treat myself to something that I enjoy
- Take a long bubble bath
- Listen to music / play an instrument
- Practice meditation or breathing
- Watch a movie



## **What can i do for MYSELF**

*Create your list of activities that make you happy here:*

## **How do i keep MYSELF safe**

*List all the things that you can do to keep safe*

You can develop steps on this page that will stop you from acting in the spur of the moment. It is impossible to remove all temptations, but if you work together with those around you there are many that can be removed to reduce panic or spur of the moment actions being carried out.

The harder it is the more likely you will be to use one of your defence mechanisms and move past the moment.



## **How do i keep MYSELF safe**

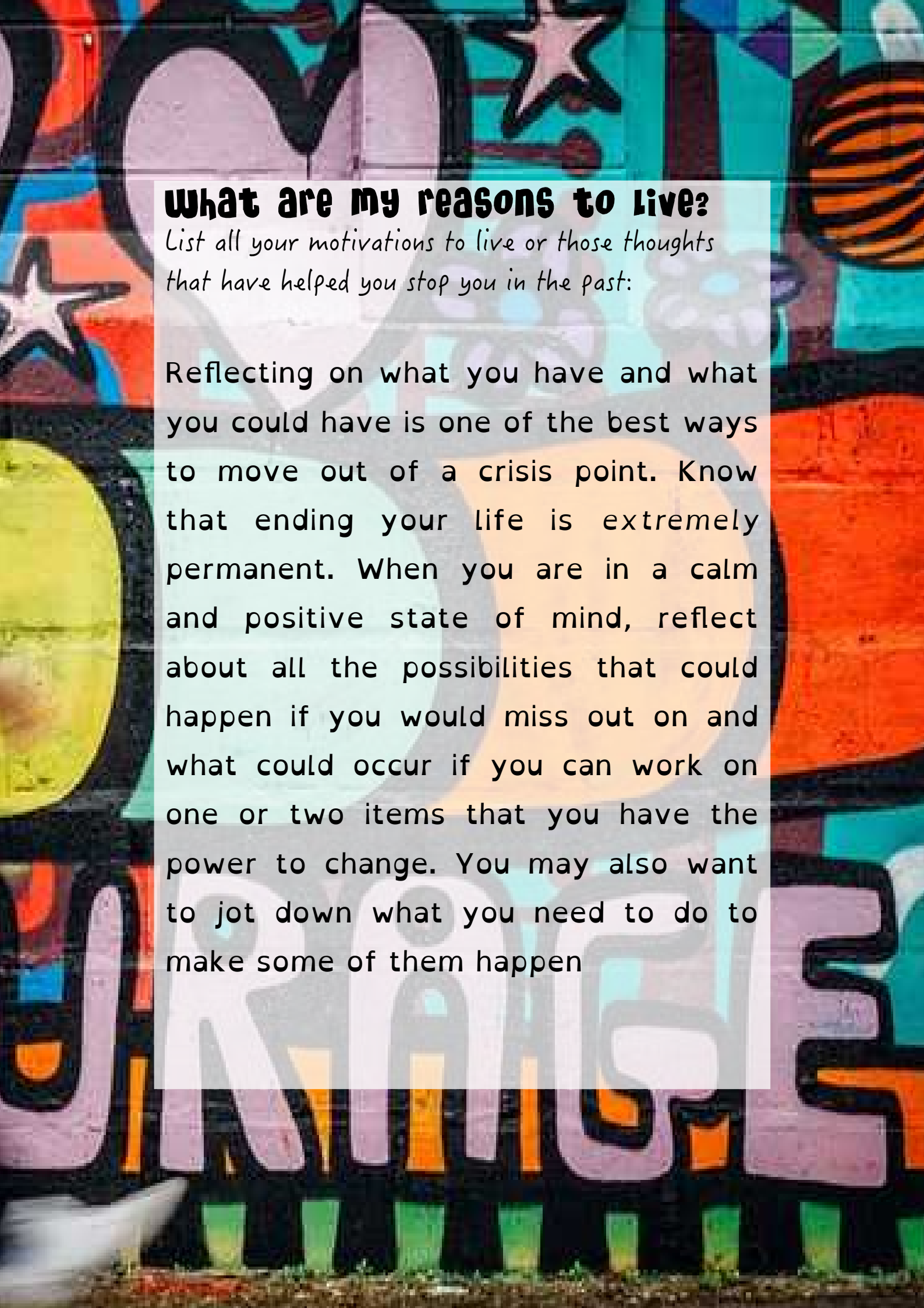
List all the things that you can do to keep safe  
(example)

- Take the locks off the bedroom and bathroom doors
- Ensure any dangerous medication is locked away
- Avoid seeing \_\_\_\_\_
- Avoid doing \_\_\_\_\_
- Ensure Papa's hunting equipment is locked away
- Discuss with Mama to lock up razors, knives, scissors
- Consider sharing my room with my brother or sister
- Get the courage to discuss with a counsellor or trusted adult about different living arrangements
  - If home is toxic, you may be able to stay with another family member or friend

## **How do i keep MYSELF safe**

*List all the things that you can do to keep safe:*





## **What are my reasons to live?**

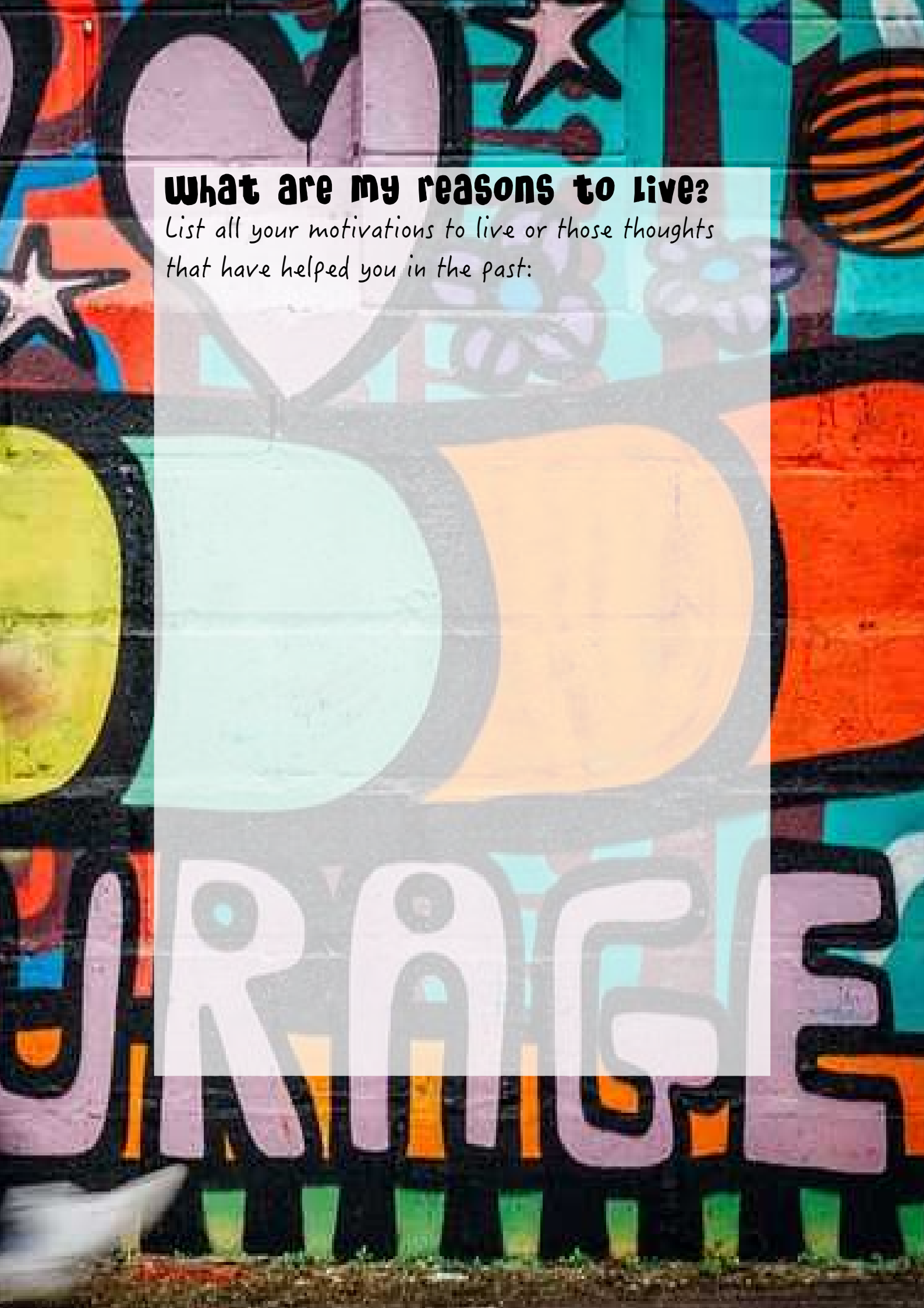
*List all your motivations to live or those thoughts that have helped you stop you in the past:*

Reflecting on what you have and what you could have is one of the best ways to move out of a crisis point. Know that ending your life is extremely permanent. When you are in a calm and positive state of mind, reflect about all the possibilities that could happen if you would miss out on and what could occur if you can work on one or two items that you have the power to change. You may also want to jot down what you need to do to make some of them happen

## **What are my reasons to live?**

List all your motivations to live or those thoughts that have helped you in the past: (example)

- My family
- Finding love
- My friends
- My beliefs in learning to be a better person
- Religion
- My pets
- My dream job
- Enjoying the little things, like a beautiful sunset or moonrise, a divine crème brûlée, chocolate truffle, or perfectly cooked salmon steak with hollandaise
- Things I want to do but haven't done yet



## **What are my reasons to live?**

*List all your motivations to live or those thoughts that have helped you in the past:*

**R**

## **Who can i connect with?**

As hard as it is, reaching out and talking about how you feel or what you're thinking with a trusted friend or family member, really can make a difference. It's not a sign of weakness to ask for help, it's the bravest thing you can do.

It can feel much worse if no one knows what you're going through or how bad you feel. You don't need to deal with this alone. There are people who are willing, able, and available to help you. If you can't find someone you know to talk to, try a helpline or forum. They're free, anonymous, and normally have people you can talk to 24 hours a day.

## **Who can i connect with?**

Make a list of connections for use in a crisis or when you are feeling low:

Helpline -

Childline -

Doctor -

Counsellor -

Also list places you can go, eg:

Yoga classes

Community centre

Gym

List people that you know will be helpful of lift your spirits and who can be there for you – friends and family or resources such as school, church, or health care providers.

If you are using an e-document consider pasting some links to your favourite forums or sites here.

## **Who can i connect with?**

Make a list of connections for use in a crisis or when you are feeling low:

Take a photo of this page for your phone!



A person is captured in mid-air, jumping joyfully in a field of tall grass. The scene is set against a vibrant sunset sky, with the sun low on the horizon, casting a warm, golden glow. The person's arms are raised high, and their body is silhouetted against the bright light. The overall mood is one of celebration and triumph.

# Rejoice in the little victories!

Don't expect big changes all  
at once – but try to record  
all the little changes and  
celebrate each step forward.

A person is captured in mid-air, jumping joyfully in a field of tall grass. The scene is set at sunset, with the sun low on the horizon, creating a warm, golden glow. The sky is a mix of blue and orange, with scattered white clouds. The person's silhouette is dark against the bright background, and their arms are raised in a 'V' shape, suggesting a moment of triumph or celebration. The overall mood is one of happiness and achievement.

## **What i have achieved>**

List all the small victories you make since starting this guide:

# Emergency Actions

If it gets really bad  
call emergency  
services:

Ph \_\_\_\_\_

Or your Doctor:

Ph \_\_\_\_\_

This page should be the back of your  
survival guide so you always know a  
way out.



**- NOT THE END -**  
*A New Beginning*

## **Suicide Help Tips**

Talk to someone. It will help. If you don't have someone in your life help lines or forums are strongly recommended. Here are some chat sites and call centres you can try.

**Childline** - <https://childhelplineinternational.org/helplines/> - Child helpline is a resource available in almost every country to any child or young person in need, sometimes just talking can help, however the staff will also step in and provide physical help if they deem it is necessary. Try <https://findahelpline.com/> to help you find a helpline in your country.

<https://www.crisistextline.org/> - Provides a text, chat, or WhatsApp 24/7 service, which will connect you with a live trained counsellor. The service is only in the UK, Canada, US, and Ireland at the time of print but is expanding.

## **Suicide Help Forums**

These two forums are not specifically for teens but they are very positive and powerful places to get a sounding board if things get too much to handle and you can't yet face a physical conversation:

**Beyond the Blue - Suicide and Self Harm Forum**  
**e-Not Alone Forum Suicide Help Topic**

<https://peertopeer.kidshelpphone.ca/Forums>

## **Suicide Articles**

<https://www.speakingofsuicide.com/>

<https://teenshealth.org/en/teens/suicide.html>

<https://www.beyondblue.org.au/the-facts/suicide-prevention>

## **Books on FKB that may help**

**Voices of Children - Child Helpline** - This book many stories of children who reached out for help and how they were helped and contains all the international helpline contacts

**Rights of a Child** - This book helps explain to children that may be compromised what their rights are and how important it is to seek help if any of your rights are violated.

## **Develop a Safety Plan**

Work with someone you trust to create a plan for yourself when harmful thoughts arise. Begin with what you can do to raise your mood then move to who to call and what they can do. You can include music, activities, and even pets. Use this FKB template [Survival Guide odg](#) or try the [Beyond Now App or Webpage](#) to help you do this.

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# ! Emergency Actions !

If it gets really bad  
call emergency  
services

Ph

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