



**Part 3: Resilience Action Plan**

Choose 1-2 small steps to build resilience in the next week – think keeping up with self-care, maintaining social connections, embracing challenge and taking a positive perspective on overcoming difficult situations.

1.

2.

**Part 4: Self-Compassion Reminder**

Resilience is a skill, not perfection. Celebrate progress and acknowledge your effort!

**How to Access Further Support in New Zealand:**

- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at [youthline.co.nz](http://youthline.co.nz), DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)
- Contact your local GP
- Dial 111 for immediate support