

Safety Plan

By: Melanie Fingold, CTRS, MSW, RSW



Triggers

What are my top triggers or stressors that lead to negative thoughts/behaviours?

1. _____
2. _____
3. _____

Warning Signs

What are the warning signs that tell me I'm not doing well?

- Thoughts: _____
- Emotions: _____
- Body Sensations: _____
- Behaviours: _____

Coping and Distractions

When I begin to feel unwell, what are helpful things I can do to take my mind off things? (i.e. internal coping strategies, like: relaxation techniques, creative activity, going for a walk, watching TV, having a snack, sleeping, venting to a loved one)

- _____
- _____
- _____

What are some social settings or people that can be a good distraction for me?

1. _____
2. _____

Support

What can others do if I get overwhelmed?

1. _____
2. _____
3. _____

Who can I turn to for support?

1. _____ Phone: _____
2. _____ Phone: _____

Reasons for Living

Who are the people I live for?

1. _____
2. _____
3. _____

What did I used to enjoy doing?

1. _____
2. _____

3. _____

What are other things I enjoy that I have to live for? (this includes things that will get better one day, like career, travel, school, goals)

1. _____

2. _____

3. _____

Crisis Plan

In case of crisis, who can I call?

1. Loved one: _____

2. Closest Hospital: _____

3. Therapist's email: _____

4. Canada Suicide Prevention Service (24 hours a day): 833-456-4566 or SMS 45645

How can I make the environment safe?

1. _____

2. _____

Other resources:

- For children/youth, KidsHelpPhone is available anywhere in Canada at 1-800-668-6868
- For adults, find local crisis services at <http://suicideprevention.ca/need-help/> or calling 211

