

My safety plan

1

MY WARNING SIGNS

Signs and situations that cause me distress

IN MY BODY



MY EMOTIONS



MY THOUGHTS



MY BEHAVIOURS



SITUATIONS

2

MY SOLO COPING STRATEGIES

Ways to take my mind off things

3

MY SOCIAL STRATEGIES

People and social activities that distract me

THE PEOPLE I CAN TURN TO FOR SUPPORT

Adults who can help me

4

Tel-Jeunes (bilingual):
Phone: 1-800-263-2266
Text: 514-600-1002

Kids Help Phone:
Phone: 1-800-668-6868
Text: 686868
(Text CONNECT)

Suicide Prevention
Centre
1-866-APPELLE

PROFESSIONAL AND SPECIALIZED RESOURCES I CAN CONTACT

Workers who can help me

5

STEPS I CAN TAKE TO SECURE MY ENVIRONMENT

What do I need to be and feel safe. Dangerous objects to remove, monitoring level to ensure my security

6

WHAT IS MOST IMPORTANT TO ME

What makes me feel good, brings me joy. What am I good at, my strengths, my qualities.

7



Complete page 3 only in case of selfharm
behaviours



NEEDS UNDERNEATH MY BEHAVIORS

Relational, physical or emotional needs

ALTERNATIVES MEANS TO RELEASE TENSION

Safe means to put in place to ensure my security

TAKING CARE OF MYSELF AND MY BODY

Ways to indulge my selfcare and my body