

# My safety plan

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## 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*

## MY SOCIAL STRATEGIES

*People and social activities that distract me*

3

## THE PEOPLE I CAN TURN TO FOR SUPPORT

*Adults who can help me*

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

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*

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## 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 strenghts, my qualities.*

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## **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*