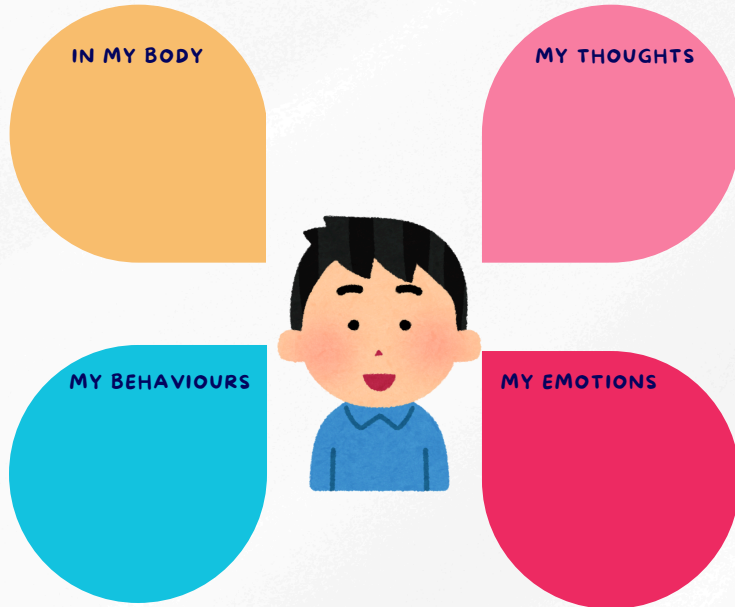


MY SAFETY PLAN child

1 MY SIGNS OF DISTRESS

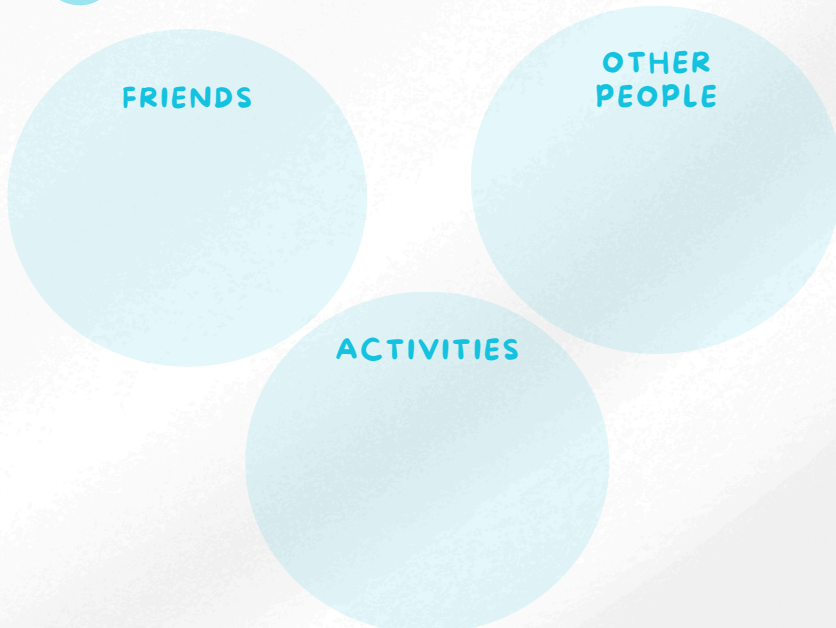


2 WAYS TO TAKE MY MIND OFF THINGS



SITUATIONS THAT TRIGGER MY DISTRESS

3 PEOPLE AND SOCIAL ACTIVITIES THAT WILL DISTRACT ME



4 HOW OTHERS CAN HELP ME

A large, pink, wavy-edged box intended for writing about how others can help.

5

ADULT WHO CAN HELP ME

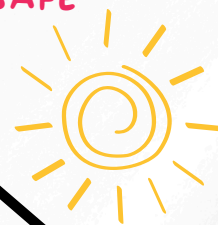
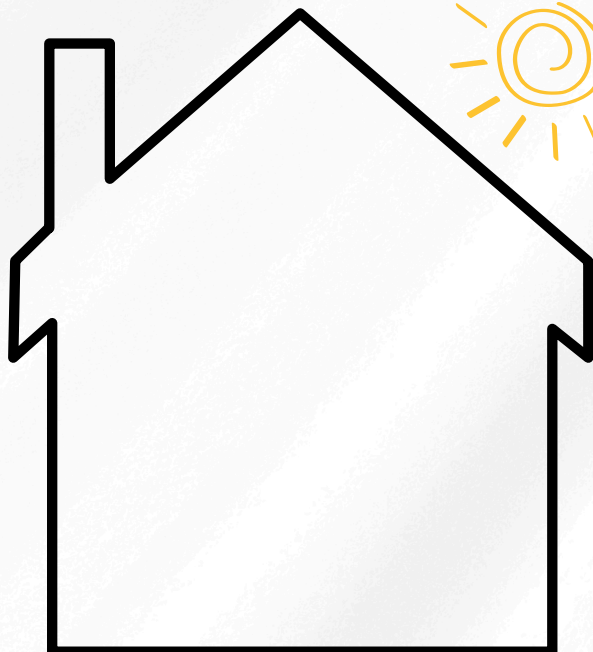
Tel-Jeunes (bilingual):
Phone: 1-800-263-2266
Text: 514-600-1002

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

**Suicide Prevention
Centre**
1-866-APPELLE



MAKING MY ENVIRONMENT SAFE



7

WHAT IS MOST IMPORTANT TO ME



MY STRENGTHS AND MY QUALITIES

