

# My Safety Plan

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## What is a safety plan?

A safety plan can help keep you safe if you are feeling overwhelmed and/or having thoughts of ending your life. During a time when you are feeling calm, try answering these questions so that if you are faced with stress later on, you will have some ideas to try out. It is natural for your safety plan to change and improve over time as you learn more about what does or does not work for you. Be sure to share this plan with your support network (such as trusted adults, parents, relatives), so that they are aware of how to best support you.

## My Triggers

What are my top triggers or stresses?

## My Warning Signs

Warning signs may include:

- Thoughts (e.g. thinking negatively)
- Emotions (e.g. feeling mad, sad, irritable)
- Physical sensations (e.g. headaches, feeling sick to your stomach)
- Behaviours (e.g. withdrawing from other people; changes to your sleep)

What are my warning signs that tell me I'm starting to get overwhelmed?

What can others do if I'm overwhelmed?

### My Coping and Distraction Strategies

When I'm starting to get upset, what are some helpful things that will help me cope or take my mind off the problem? For example, going for a walk, calling a close friend to vent, watching a movie, sleeping.

When I'm completely overwhelmed, what helps?

### Reasons for Living

Who are the people or pets I live for?

**What are other things I have to live for? For example: remembering that things will get better one day, future professional, educational, family or travel goals.**

Sometimes, when people are feeling sad, they have a hard time seeing the reasons for living. If this is the case for you right now, what are some reasons that others might point out for you?

## Supports

**Who can I turn to for support? For example, who are the people that can help distract me, people that can listen to me and accept me no matter what, people that can help with practical things like taking me to appointments, etc.?**

## Crisis and Online Support

**In case of a crisis, who can I call? Think of trusted family and friends or resources.**

Children and youth can access Kids Help Phone anywhere in Canada at 1-800-668-6868 while adults can find local services by calling 211 or by visiting <http://suicideprevention.ca/need-help/>.