

MY SAFETY PLAN

How to avoid making a bad situation worse

1. Do the following activities to Calm/Comfort myself:

- a. _____ e. _____
b. _____ f. _____
c. _____ g. _____

2. Remind myself of my reasons for living:

3. Call a friend or a family member :

Name: _____ Number: _____

4. Call a care provider (Doctor, Nurse Practitioner, Counselor) :

Name: _____ Number: _____

5. CALL MY LOCAL CRISIS LINE :

- Canadian Mental health Association : 519-336-3445/ 1-800-307-4319
- Distress line : 519-336-3000/ 1-888-347-8737
- Kids Help Phone: 1-800-668-6868
- Sexual Assault Survivor's Center Crisis Line: 519-337-3320
- Women's Interval Home Crisis Line: 519-336-5200/ 1-800-265-141
- First Nations and Inuit Hope for Wellness Help Line:1-855-242-3310/ or
online chat at : <https://chat.fn-i-hopeforwellness.ca>

6. Take "as needed" medication (PRN) prescribed by doctor: _____

7. Go somewhere I am Safe: _____ or _____

8. Go to the Emergency room at the nearest Hospital.

9. If I feel that I cannot get to the hospital safely, call 911.

*****AFTER YOU COMPLETE THE PLAN TAKE A PICTURE WITH YOUR MOBILE PHONE AND SAVE IT ON YOUR DEVICE. YOU CAN POST THE PLAN IN A VISIBLE PLACE FOR YOU AND YOU CAN SHARE IT WITH A FRIEND OR FAMILY MEMBER.**