



Things I can do to make my environment safe:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Professionals or Agencies I can contact in a crisis:

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact # \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact # \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact # \_\_\_\_\_

**AVAILABLE 24 HOURS:**

**Distress Line: 1-866-661-3311**

**Suicide Line: 1-800-784-2433**

**Online Distress Service: [www.crisiscentrechat.ca](http://www.crisiscentrechat.ca)**

**My two biggest reasons for living:**

\_\_\_\_\_  
\_\_\_\_\_

Warning signs (thoughts, images, mood, behaviours) that a crisis may be developing:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Things I can do to distract myself (relaxation, activity):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

People and social settings that provide distraction:

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Place \_\_\_\_\_

People I can call/text/email to ask for help:

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_



**Safety Plan**