

My Safety Plan Name:

Date:

1. SIGNS that I am in crisis. Thoughts, feelings, or behaviours/activities that are signs I am distressed and might be thinking about suicide:

2. COPING STRATEGIES: Things I can do to help me stay safe when I am distressed or suicidal: (things that can comfort, calm, or distract me):

3. SUPPORTIVE PEOPLE who can help me stay safe (+ phone/email):

4. PLACES I can go that are good for me, and will help me stay safe:

5. KEEPING MY ENVIRONMENT SAFE (removing harmful or risky things... could someone help me with this?):

6. MY REASONS FOR LIVING:

7. WHAT MIGHT GET IN THE WAY OF ME FOLLOWING THIS PLAN?

Important Contacts:

COAST **1-877-825-9011**

**Halton Distress Centres: Burlington: 905-681-1488**

**Oakville: 905-849-4541**

**Milton/Halton Hills: 905-877-1211**

