

# My Safety Plan



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**Summary:** A safety plan can help keep you safe, if you are feeling overwhelmed and/or having thoughts of ending your life. Try answering these questions and see if it helps. It's important to share this plan with your parents and people close to you, so they can support you.

## My triggers

What are my top triggers or stresses? How can I manage my triggers or stresses?

## My Warning Signs

What are my warning signs that tell me I'm starting to get overwhelmed? (for example, withdrawing from others or sleeping more)

Thoughts (for example, thinking negative dark thoughts; that things will never get better; about ways to harm yourself)

Emotions (example: starting to feel hopeless, guilty or angry)

Body sensations (example: a racing heart, feeling that I'm suffocating or becoming overwhelmed)

Behaviours (example: pacing, spending a lot of time sleeping, spending a lot of time alone)

If parents and caregivers notice any of my warning signs, they can help by:

## My Coping and Distraction Strategies

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What are some helpful things that will take my mind off the problem? (for example, going for a walk, calling a close friend to just vent, watching a movie, sleeping)

## Reasons for living

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Who are the people or creatures I live for? (for example: mother, father, brother, sister, friends, relatives or pets)

What are other things I have to live for? (for example: remembering that things will get better one day, future goals like school, career, travel or family 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

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Who are main people that I can turn to for support if I am overwhelmed? (people to whom I can say, "Hey, I'm not feeling good right now, I really need someone to talk to... I don't need advice, I just need you to listen... Can we talk?")

Think about people in your life who can support you...

Someone to spend time with to take my mind off things

Someone who can help with practical things (for example, like taking me to appointments)

Someone who is a good listener

## Crisis and Online Support

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If no one is available, what are the local telephone crisis lines in my area?

For example

- For children/youth, KidsHelpPhone is available anywhere in Canada at 1-800-668-6868
- For adults, find local crisis services at <http://suicideprevention.ca/need-help/> or calling 211