

Safety Plan Template

This Safety Plan Template will walk you through creating your own safety plan. Using the descriptions as a guide, fill out the six steps of your safety plan with strategies and contacts specific for you. Ideally, this should be done with a support person. You can contact Distress Centre for support. Phone or text: 403-266-4357

<p>1 - Warning Signs</p> <p>What are your warning signs of an impending crisis? How do you feel physically and emotionally leading up to thoughts of suicide or self-harm?</p>	
<p>2 - Internal Coping Strategies</p> <p>Distract yourself from thoughts and feelings of hopelessness. Examples: go for a walk, listen to upbeat music, play a game, etc.</p>	
<p>3 - Social Strategies</p> <p>If 2 is ineffective, utilize social contacts and settings as a means of distraction. Examples: specific friends or family, a nearby coffee shop, a specific place of worship or support group.</p>	
<p>4 - Support Person</p> <p>If steps 1-3 are ineffective, inform your chosen support person that you are experiencing a crisis.</p>	
<p>5 - Professional Help</p> <p>If steps 1-4 are ineffective, contact a professional like your counsellor, Distress Centre, 911, or 211</p>	
<p>6 - Restrict Access</p> <p>Identify and eliminate or restrict access to any potentially lethal means. Examples: safe storing of firearms, dispensing of medication.</p>	



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