

MY SAFETY PLAN

Create your Safety Plan well before an emergency situation. Try and be as brief and specific as you can while filling out each of the boxes. This will make understanding easier in case of an emergency.

COMPASSIONATE NOTE TO SELF:

*Please note that this product is not a replacement for Counselling or Psychotherapy. If you are not currently seeing a Mental Health Professional, please contact one close to you as soon as possible.

RISK FACTORS, TRIGGERS, AND WARNING SIGNS:

PEOPLE OR SOCIAL SETTINGS I CAN DISTRACT MYSELF WITH:

WHAT PEOPLE CAN DO TO EFFECTIVELY SUPPORT ME:

WAYS IN WHICH I CAN SUPPORT MYSELF (COPING STRATEGIES):

PEOPLE I CAN CALL FOR HELP AND SUPPORT:

MENTAL HEALTH PROFESSIONALS OR HELPLINES TO CALL:
