



My Safety Plan

date of completion :

Step 1 : Recognize my signs of distress and triggers

Identify signs that distress is starting to take over (thoughts, emotions, physical sensations, behaviors), as well as situations that tend to trigger my suicidal thoughts (conflict, break-up, violent situations, etc.).

Step 2 : Use my coping strategies

What I can do on my own to reduce the intensity of my distress and regain control.

At all times, remind myself of my reasons for living, sources of hope, and helpful phrases.

Step 3 : Distract myself

Social activities, places or people that help distract or soothe me when I'm distressed.

Step 4 : Ask closes ones for help

People around me who I can talk to about my suicidal thoughts, and who can support and protect me.



Step 5 : Contact a professional

Help resources I can contact to talk about my suicidal thoughts and protect myself.

Phone : 1 866 APPELLE (1 866 277-3553) | Text : 535353 | Chat : www.suicide.ca



Étape 6 : Secure my environment

What to do to ensure my safety and limit access to means that could be used to commit suicide.