

My Safety Plan



If you have thoughts of hurting yourself, follow the steps below until you feel that you are safe.

Warning signs

What are some things that I am doing or feeling that are warning me that a crisis may be developing?

Examples: feeling worthless, hopeless, or overwhelmed, not enjoying the activities that I usually enjoy, thinking of hurting myself, etc.

Coping Strategies

What are some things that I can do to take my mind off my problem?

Examples: go for a walk, listen to music I enjoy, read my favourite book, play the guitar, etc.

Remind myself of reasons for living

Examples: mom, dad, guardian, pet, friend, brother, sister, etc.

People I can call for support or help

Kids Help Phone
1 - 800 - 668 6868

LGBT Youth Line
1-800 - 268 - 9688

Distress Centres of Toronto
416 - 408 - 4357

Family member or friend:

Name: _____ Number: _____

Back-up person:

Name: _____ Number: _____

Crisis line:

Name: _____ Number: _____

Care provider: (therapist, doctor, etc.)

Name: _____ Number: _____

Go somewhere I am safe

Examples: grandma's house, a room with other family members around, the hospital, etc.

If I am not feeling better after completing the steps above, ask somebody to take me to the Emergency Room at the nearest hospital.

If no one is available to take me or I feel that I cannot get to the hospital safely, call 911 and request transportation to the hospital. They will send someone to transport me safely.