**Safety Plan**

*This is your plan to help you manage when there are times that you feel your world is dark and the suicidal thoughts become intrusive.*

**Warning Signs**

What are your warning signs when you start to think about suicide? These may be thoughts, behaviours (things you do), or emotions

**Coping Strategies**

These are things that you usually do to help you feel more calm or regulated – make a list of as many as you can to help you when you are unsure of what to do

**Sources of Support/ distraction**

What do you have around you (people, places, things) that are comforting?

**People to contact**

Who can you contact when you need support? Make sure you include names and phone numbers of those people you can reach out to

**Professional sources of Support**

When your resources are not helping, what are the professional resources you have? Make sure you include names and phone numbers:

Emergency 911

Distress line of SW Alberta 403-327-7905

First Nation and Inuit Hope for Wellness Help Line 1-855-242-3310

Chinook Sexual Assault Centre 403-694-1094

Mental Health Help Line 1-877-303-2642