

Safety Plan

The goal of this plan is for you to have something to reference if you are feeling unsafe.

Let this be a resource to share with those you find helpful for your wellbeing and a way to bring awareness for when you may need to seek help.

| Reasons for Living & Staying Safe | | |
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| (People, Pets, Goals, Dreams, etc.) | | |
| Triggers | Warning Signs | |
| Please BOLD or highlight any of the pieces below that you find relatable or match your experiences. These can be what YOU experience or signs when OTHERS are putting you at risk. | | |
| <ul style="list-style-type: none"> • Not Being Listened To • Being Touched • Others Yelling • Feeling Anxious • Loss of Control • Upsetting Memories • Flashbacks • Nightmares • Pain • Isolation • Reminders of Trauma • Unmet Needs • Cravings • Unfairness | <ul style="list-style-type: none"> • Anger • Numbness • Substance Use • Self-Harm Actions • Self-Harm Thoughts • Not Caring for Self • Changes in Eating • Changes in Sleeping • Increased Energy • Increased Alone Time • Swearing • Pushing Others Away • Crying | <ul style="list-style-type: none"> • Talking Loudly • Yelling • Talking Quietly • Stated Hopelessness • Sweating • Clenching Fists/Teeth • Threats Toward Others • Feeling Ashamed • Giving Things Away • Pacing • Restlessness • Racing Thoughts • Obsessive Thoughts • Patterns in Mouth |
| Others: | | |
| When Are You Most at Risk? | | |
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| Healthy Coping Strategies | | |
| Please BOLD any of the pieces below that you find helpful. | | |
| <ul style="list-style-type: none"> • Talking to Trusted Person • Talking to a Professional • Going for a Walk • Exercise (trainer, class or alone) • Yoga/Pilates • Drawing/Painting/Colouring • Writing/Journaling • Write a Schedule/To-Do List • Listening to Music • Playing/Writing Music | <ul style="list-style-type: none"> • Cultural Activity • Reading • Sleeping/Napping • Shower or Bath • Mindfulness Activity • Meditation • Deep Breathing • Relaxation Techniques • Entertainment (movie, show, etc.) • Being in Nature | |
| Others: | | |

| Professional Connections | |
|--------------------------|---|
| Name | Contact (Number and/or Email) |
| Counsellor: | (250) 469-2116 and info@anotherchapter.ca |
| Medical Professional: | |
| Psychiatrist: | |
| Cultural Support: | |
| Spiritual Support: | |
| Addiction Support: | |
| Other: | |
| Other: | |

| Personal Connections (Family and/or Friends) | |
|--|---------|
| Name | Contact |
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| Mental Health and Wellbeing Resources | |
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| Online Crisis Chat | www.crisiscentrechat.ca |
| Crisis Lines (Please Note: You do not have to be suicidal to contact a crisis line. It is also helpful to save numbers in your phone for quick access.) | 1-888-353-CARE (2273) 1-800-SUICIDE (784-2433) or Google Canadian Crisis Lines |
| Here to Help | www.heretohelp.bc.ca |
| BC 211 (multiple British Columbia wide resources) | www.bc211.ca |
| Anxiety BC | www.anxietybc.com |
| Fountain of Health | www.fountainofhealth.ca |
| Canadian Mental Health Association | www.cmha.bc.ca |
| Aboriginal Crisis Line Society | www.kuu-uscrisisline.com |
| Indian Residential School Survivors Society | 1-800-721-0066 |
| Victim Services BC | Website: Victim Services Call or Text: 1-800-563-0808 Email: victimlinkbc@bc211.ca |

| Emergency Plan to Seek Safety |
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| What can you do? Who can you reach out to? How can others help? Where is safe to go? Etc. |
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