

MY SAFETY PLAN

If you are thinking of hurting yourself, **start at Step 1. Go through each step until you are safe.**

Remember suicidal thoughts can be very strong. It may seem like they will last forever.

With support and time, these thoughts usually pass. The hopelessness you may feel now will not last forever.

It is important to reach out for help and support. You can get through this difficult time.

Since it may be hard to focus and think clearly when you feel suicidal, please keep a copy and put it in places where you can easily use it, such as your wallet, purse, car, desk, or take a picture and put it in your phone.

1. Do the following activities to calm or comfort myself:

2. Remind myself of my reasons for living:

3. Call a family member or mature support person:

Name: _____ Phone: _____

4. Call a family member or mature support person (someone who lives in the area):

Name: _____ Phone: _____

Name: _____ Phone: _____

Call my local crisis lines:

- Bullying Prevention Help Line 1-888-456-2323
- Child Abuse 1-800-387-5437, 1-800-638-0715 (crisis unit)
- Family Violence Information Line, 1-403-310-1818
- Alberta Detoxification, Alberta Addiction and Gambling Help Line 1-866-332-2322
- AHS Mental Health Help Line 1-877-303-2642
- [Talk Suicide Canada](#) **988** or 1-833-456-4566 (call 24/7/365 or text btwn 2pm and 10pm)
- Kids Help Phone-1-800-668-6868
- [211 Alberta](#) Cal 2-1-1, text INFO to 211
- Southwestern Alberta Distress Line (24/7/365) 1-888-787-2880

5. Ask someone to take me to the emergency room at the hospital or go there myself

Name: _____ Phone: _____

6. If I feel that I cannot get to the hospital safely, **call 911 and ask for transportation to the hospital. They will send someone to transport me safely.**

“I am able to keep myself safe now and I agree to follow this plan in order to keep myself safe if I have thoughts of suicide again.”

Signature

Date

Witness Signature