

## Addiction and Mental Health

### Regional Adult Safety Plan

#### Step 1: Warning signs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Step 2: Internal coping strategies – What helps - Things I can do to take my mind off my problems without contacting another person:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Step 3: People and social settings that make me feel safe:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Place \_\_\_\_\_
4. Place \_\_\_\_\_

#### Step 4: People whom I can ask for help:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

#### Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician Emergency Contact # \_\_\_\_\_
2. Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician Emergency Contact # \_\_\_\_\_

#### Step 6: Making the environment safe:

1. \_\_\_\_\_
2. \_\_\_\_\_

#### Step 7: The one thing that is most important to me and worth living for is:

\_\_\_\_\_

#### Crisis plan and resources

If no one is available, what are the local telephone crisis lines in my area? Check the ones you like best.

- CHIMO helpline: 1-800-667-5005
- Canada Suicide Prevention Service - (toll-free) 1-833-456-4566 | Text - 45645
- Tele-care: 811
- Kids Help Phone: 1-800-668-6868     Text CONNECT to 686868 anywhere in Canada, any time, about anything
- Live Chat available at [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Download “Always There” app to your iOS or Android device — available in both English and French.
- Your local Addiction and Mental Health Centre:
 

<input type="checkbox"/> Fredericton: 506-453-2132 <input type="checkbox"/> <i>Mobile Crisis: Same as above</i>	<input type="checkbox"/> Charlotte County: 506-466-7380 <input type="checkbox"/> Saint John: 506-658-3737	<input type="checkbox"/> Miramichi: 506-778-6111 <input type="checkbox"/> <i>Mobile Crisis 506-623-3333</i>
<input type="checkbox"/> Perth-Andover: 506-273-4701	<input type="checkbox"/> Sussex: 506-432-2217 <input type="checkbox"/> <i>Mobile Crisis 1-888-811-3664</i>	<input type="checkbox"/> Moncton: 506-856-2444
<input type="checkbox"/> Woodstock: 506-325-4419 <input type="checkbox"/> <i>Mobile Crisis: 1-888-667-0444</i>		<input type="checkbox"/> Vitalité: 506-862-4144 <input type="checkbox"/> <i>Mobile Crisis 1-866-771-7760</i>

My Safety Plan will be included in my health record to assist in care planning with my Care Team.

## Guiding questions for the person thinking about suicide

**Step 1:** What situations, thoughts, feelings, body sensations, or behaviours do you experience that let you know you are on your way to thinking about suicide, or that let you know you are mentally unwell generally. Your safety plan can be used any time before acting on your thoughts of suicide. Being aware of your own warning signs can alert you to the fact that you may be at high risk of thinking about suicide when these situations/ thoughts/ body sensations arise. You can put your safety plan in action and move onto the next step. Being aware of personal warning signs can help friends/ caregivers identify when you may need more support, even before you've asked for it.

**Step 2:** What is a distracting activity, relaxation/soothing technique, or physical activity that helps take your mind away from thought patterns that feel scary or uncomfortable, or thoughts of suicide. At any time before a crisis or when suicidal thoughts emerge but are not intense, you can use these coping strategies to help you manage your thoughts and move to a more positive mental space. Including friends/caregivers might help them suggest that you use one or more of your coping strategies and support you if needed.

**Step 3:** Where can you go to feel grounded, where your mind can be led away from thoughts of suicide? Who helps take your mind away from these thoughts? At any time before a suicidal crisis, or when suicidal thoughts emerge but are not intense, you can go to places or contact people to help you manage your thoughts of suicide and move you to a more positive mental space.

**Step 4:** Who among your friends, family, and service providers can you call when you need help (when your thoughts become overwhelming or you're constantly thinking about suicide)? At any time before a crisis, or when suicidal thoughts emerge but are not intense, you can call the people at any time, to distract you from your thoughts or to let them know when your thoughts are becoming more intense, signaling that you need support. Friends and caregivers can respond by supporting you through this difficult time: listening, going to visit, making sure to check in often, and asking you what specifically they can do to help you.

**Step 5** Who are the professionals you've worked with who can be helpful to you in a crisis? What other professionals or organizations could you call? When suicidal thoughts have become very intense, and you are experiencing the thoughts and believe you cannot cope on your own, you should immediately call or visit these crisis contacts.

**Step 6** What could be used to die by suicide (kill yourself) in your environment (home, work)? How have you thought about dying by suicide before, and how can you make that method more difficult to access? Before a crisis, preferably immediately after your safety plan is developed you can remove these items from your environment yourself and give them to friends or caregivers. The person working with you on your safety plan should confirm that all means have been removed from home. Friends/caregivers can offer to keep or throw away these items. Keeping you safe from a method of suicide can mean different things for each person and method. Firearms should always be removed from the home, regardless of whether or not you have noted as a means of suicide. Medications can be monitored, and old prescriptions could be returned to the pharmacy.

**Step 7** When do you feel most at ease during the day? Who do you love? What do you enjoy doing? What did you used to enjoy doing? What is important to you, or used to be important to you? What has kept you alive up until now? Friends/ caregivers may help you identify these, and you can refer to these reasons for living or ideas that keep you hopeful at any time, as often as you want, to remind you of the positive aspects of your life. Friends/caregivers may help gently remind you about the things and people that give you hope.

This Safety Plan is based on:

Stanley, B. & Brown, G.K. (2011). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice*. 19, 256–264 (with permission)

Centre for Suicide Prevention (2019). A suicide prevention toolkit: Safety plans to prevent suicide. Available at <https://www.suicideinfo.ca/resource/safety-plans/>