

Addiction and Mental Health
Regional ISD Child and Youth Teams

My Safety Plan

A safety plan can help keep you safe, if you are feeling overwhelmed and having thoughts of ending your life. Making a plan like this will help you to understand yourself better, keeping you safer. It's important to share this plan with your parents, guardians, or caring adult, and people close to you, so they can support you. If your needs or triggers change, revise your safety plan with your counsellor or therapist. If you don't have one, call a local crisis service for help. Resources listed on page 2.

If you're still having trouble keeping yourself safe, you can always come back to review your safety plan. Some youth like to get creative with their safety plans. Use art, music, scrapbooking or writing-whatever helps you to express yourself!

My triggers			
<i>What are some things that set me off?</i>		<i>What helps manage my triggers?</i>	
My warning signs			
<i>What are my warning signs that tell me I'm starting to get overwhelmed? (for example, withdrawing from others or sleeping more)</i>			
Thoughts	Emotions	Body sensations	Behaviours
(example: thinking of suicide or killing yourself)	(example: starting to feel hopeless, guilty or angry)	(example: a racing heart, feeling I'm suffocating or can't breathe)	(example: pacing, spending lots of time sleeping, or drinking)
If parents and caregivers notice any of my warning signs, they can help by:			

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My coping strategies									
What are some helpful things that will take my mind off the problem? (eg. going for a walk, calling a close friend to just vent, watching a movie, sleeping)									
Things I care about - Reasons for living									
Who are the people or animals I live for? (eg. mother, father, brother, sister, friends, relatives or pets)									
What are other things I have to live for? (eg. remembering that things will get better one day, future goals like school, career, travel or family goals)									
Sometimes, when people are feeling sad, they have a hard time seeing the reasons for living. If this is the case for you right now, what are some reasons that others might point out for you?									
My support network									
Who are the main people that I can turn to for support if I am overwhelmed? (people to whom I can say, “Hey, I’m not feeling good right now, I really need someone to talk to. <u>I don’t need advice, I just need you to listen.</u> Can we talk?”)									
Someone to spend time with to take my mind off things:									
Someone who can help with practical things (ex. taking me to appointments):									
Someone who is a good listener:									
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									
<input type="checkbox"/> CHIMO helpline: 1-800-667-5005 <input type="checkbox"/> Canada Suicide Prevention Service - (toll-free) 1-833-456-4566 Text <input type="checkbox"/> 45645 <input type="checkbox"/> Tele-care: 811 <input type="checkbox"/> Kids Help Phone: 1-800-668-6868 <input type="checkbox"/> Text CONNECT to 686868 anywhere in Canada, any time, about anything <input type="checkbox"/> Live Chat available at www.kidshelpphone.ca <input type="checkbox"/> Download “Always There” app to your iOS or Android device — available in both English and French. <input type="checkbox"/> Your local Addiction and Mental Health Centre: <table border="0" style="width: 100%;"><tr><td><input type="checkbox"/> Fredericton: 506-453-2132 <input type="checkbox"/> <i>Mobile Crisis: Same as above</i></td><td><input type="checkbox"/> Charlotte County: 506-466-7380 <input type="checkbox"/> Saint John: 506-658-3737</td><td><input type="checkbox"/> Miramichi: 506-778-6111 <input type="checkbox"/> <i>Mobile Crisis 506-623-3333</i></td></tr><tr><td><input type="checkbox"/> Perth-Andover: 506-273-4701</td><td><input type="checkbox"/> Sussex: 506-432-2217</td><td><input type="checkbox"/> Moncton: 506-856-2444 <input type="checkbox"/> <i>Mobile Crisis 1-866-771-7760</i></td></tr><tr><td><input type="checkbox"/> Woodstock: 506-325-4419 <input type="checkbox"/> <i>Mobile Crisis: 1-888-667-0444</i></td><td><input type="checkbox"/> <i>Mobile Crisis 1-888-811-3664</i></td><td></td></tr></table>	<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"/> Moncton: 506-856-2444 <input type="checkbox"/> <i>Mobile Crisis 1-866-771-7760</i>	<input type="checkbox"/> Woodstock: 506-325-4419 <input type="checkbox"/> <i>Mobile Crisis: 1-888-667-0444</i>	<input type="checkbox"/> <i>Mobile Crisis 1-888-811-3664</i>	
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My Safety Plan will be included in my health record to assist in care planning with my ISD Child and Youth Team