



Safety Plan

Name: _____

Date of Birth: _____

Date completed: _____

who assisted and explained safety plan: _____

Step 1: Warning signs : (thoughts, images, mood, situation, behaviour) that a crisis may be developing:

1) _____

2) _____

3) _____

Step 2: Internal Coping Strategies (things I can do to take my mind off my problems without contacting another person (relaxation techniques, physical activity, distractions, mindfulness etc)

1) _____

2) _____

3) _____

Step 3: People and social settings that provide distraction:

1)name: _____ best way to contact them _____

2)name: _____ best way to contact them _____

3)place: _____ place: _____

Step 4: People I can ask for help:

1)Name: _____ best way to contact them _____

2)Name: _____ best way to contact them _____

3)Name: _____ best way to contact them _____



Step 5: Professionals or Agencies I can contact during a crisis:

- 1) Mobile Crisis (Thompson) 1 – 866 – 242 – 1571 (open noon – midnight)
- 2) Kids Help Phone: 1 800 668 6868 or text 686868
- 3) Manitoba Suicide Line : 1 877 435 7170
- 4) www.reasonstolive.ca
- 5) Talksuicide.ca
- 6)
- 7)

Step 6: Making my environment safe (items to limit access to – at home, work, school etc)

- 1) _____
- 2) _____
- 3) _____

Step 7: Reason(s) for living:

A goal or dream I have that inspires me not to give up hope:

And/or

The most important person in my life that, when I think of them, it reminds me to not give up hope:

Signed _____ at _____ on _____
(signature) (location) (date)

Keep your safety plan somewhere accessible, and consider sharing it with trusted supports.

Reviewing it periodically helps ensure it remains practical and meaningful. You do not have to navigate difficult moments alone — reaching out is a sign of courage, and support is available.



How to Use Your Safety Plan

A safety plan is a practical, personal guide to help you through moments of intense distress or crisis. It is created when you are feeling relatively calm, so that if difficult thoughts or feelings increase, you have clear steps to follow. This plan is meant to support you — not judge you — and can be updated anytime as your needs change.

The first section identifies who the plan belongs to, when it was completed, and who helped create it. Safety plans are often developed with a counsellor, health professional, or trusted support person to ensure clarity and understanding.

Step 1: Warning Signs

This section helps you recognize early signals that a crisis may be developing, such as certain thoughts, mood changes, behaviours, memories or situations. Awareness allows you to act early rather than waiting until distress feels overwhelming.

Step 2: Internal Coping Strategies

These are strategies you can try on your own to calm or distract yourself before reaching out to others. Examples include breathing exercises, grounding techniques, walking, music, prayer, mindfulness, journaling, or other activities that help shift your focus. The goal is not to eliminate pain instantly, but to reduce its intensity.

Step 3: People and Places for Distraction

Being around others or in a different environment can sometimes lessen distress. This step lists safe people or settings that provide comfort or distraction without needing to discuss the crisis itself.

Step 4: People I Can Ask for Help

If distress continues or increases, identify trusted individuals you can contact directly for support — people who are safe, reliable, and aware you may reach out.

Step 5: Professional Supports

This section lists crisis lines and professional services available when immediate support is needed. If you feel at risk of harming yourself or are in immediate danger, contact emergency services right away.

Step 6: Making My Environment Safe

Reducing access to items or situations that increase risk is one of the most protective steps you can take. This may involve moving, securing, or asking someone to help manage certain items temporarily.

Step 7: Reasons for Living

When pain feels heavy, it can be hard to remember hope. This section reminds you of what matters most — a person, goal, value, or dream that connects you to your strength.