

# My Safety Plan



## What are my warning signs?

Signs that tell me I am getting overwhelmed (thoughts, emotions, behaviours, body sensations, images).

## My coping strategies

Things I can do to distract myself or take my mind off the problem? Things to calm or comfort myself? Listen to music, watch TV, play with a pet, journal, exercise, positive affirmations, breathing or meditation.

## What gives my life meaning?

For example, people, animals, activities such as art and music, my values or dreams.

## Make my environment at home safe

Get rid of ways to hurt myself, such as disposing of old medications.

## Who can I contact for distraction?

Name:

Phone:

Name:

Phone:

## Who do I feel comfortable with sharing my feelings and asking for help?

Name:

Phone:

Name:

Phone:

## Where can you go to feel safe?

Identify a place or setting where you would be safe from harm or urges to self-harm. For example, be around others, mall, library, nature.

## Who can I contact in my professional support system?

(Therapist, psychiatrist, family doctor)

Name:  
Phone:

Name:  
Phone:

## I will share my safety plan with:

Name:

Name:

## Crisis Resources (pick your selections)

### Distress Lines

- National Suicide Crisis Helpline: 988 (call or text)
- Toronto Distress Center: 416-408-4357 (or text 45645)
- Assaulted Women's Help Line: 416-863-0511
- Distress Centres of Greater Toronto (multilingual): 905-459-7777 from 10am to 10pm
- Talk4Healing (help line for Indigenous women): Distress line 1-855-554-4325 & Crisis line 1-888-200-9997
- Good2Talk (for Ontario post-secondary students): 1-866-925-5454 (or text GOOD2TALKON to 686868)
- Toronto Seniors Helpline/Woodgreen Crisis Outreach Services for Seniors (9am to 5pm): 416-217-2077. Includes both helpline and a mobile crisis team

### Crisis Response (mobile crisis teams):

- Gerstein Crisis Centre: 416-929-5200
- Mobile Crisis Response Teams – Toronto, North York & Etobicoke: 911
- Toronto Community Crisis Service: 211

### Peer Support

- Progress Place Warm Line (6 p.m. to midnight): call 416-960-9276 or text 647-557-5882
- Mood Disorders Association of Ontario (9:30 a.m. to 5:00 p.m., Mon to Fri): 1-888-486-8236
- Krasman Centre Warm Line (24/7): 1-888-777-0979
- Trans Lifeline (1pm to 9pm, Mon to Fri): 1-877-330-6366

### Central Intake for Homeless Shelters

- Toronto 416-338-4766 or 1-877-338-3398

## Notes/Other Resources:

***If you remain distressed after trying these things, and are not already at hospital, then go the nearest Emergency Department. If you feel you cannot get to the hospital safely, then call 911***