

# My Safety Plan



## Warning Signs

Thoughts

Body Sensations

Mood

Situation

Behaviour

Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity)

## Reasons for Living

People/Creatures, other things in my life, reasons other people might point out

## People I Can Ask for Help

Person/Phone number

Person/Phone number

## Agencies I Can Call in a Crisis

Talk Suicide Canada - 1-833-456-4566

Reach Out (CMHA) 519-433-2023 (Call or Text)

or webchat <https://cmhamiddlesex.ca/programs-services/reach-out/>

911

Make a commitment to your safety plan. This means promising yourself that you will implement your plan if you need to. The commitment could also involve promising (out loud) to a family member, friend or professional that you will follow your plan.