

MY SAFETY PLAN

for Suicide Prevention

A safety plan is a tool to help keep you safe. It is for when you have thoughts or a plan to take or end your life. It is best written at a time when you are feeling calm. A safety plan is used to help remind you of coping strategies and social supports that you can draw on when you are heading towards a crisis or are in a crisis. The plan should be brief, in your own words, and easy to read. We recommend you ask someone you trust to help you make this plan.

What happens in my mind and body when I experience thoughts of suicide?

What are my warning signs that tell me I'm starting to get overwhelmed?

- Thoughts (e.g., thinking negatively)
- Images
- Emotions (e.g., feeling mad, sad, irritable)
- Body sensations (e.g., head starts to hurt, feeling sick to my stomach)
- Behaviours (e.g., withdrawing from other people, sleeping all the time, increased use of substances)

My Triggers

Are there any specific days, situations or anniversaries that make maintaining my wellness more difficult for me?

(e.g., arguments, changes in health, anniversary of a parent's death)

What coping strategies help me feel a little better in the moment?

(e.g., going for a walk, calling a close friend, watching a movie, sleeping, deep breathing, meditation, self-care activities, journalling, music, drawing, talking to a neighbour, baking, working on a home project)

What/who in my life makes me want to keep living?

What has stopped you in the past when you had thoughts of suicide?

(e.g., family, friends, pets, future goals like school, career, travel, family goals, spiritual beliefs)

Who can I turn to for support?

- People that can help distract me (e.g., neighbour down the street, book club)
- People that will listen to me and accept me no matter what (e.g., spiritual group)
- People that can help with practical things (e.g., taking me to appointments, meal service)
- People in my support network and/or may be in a similar situation. (e.g., support group, support workers)
- Further supports (parents, adult children, friends, faith leaders, elders, coworkers, teachers)

I will consider sharing a copy of my safety plan with my support person(s) so they know how to best help me

Name Contact Info

Name Contact Info

Family Doctor Contact Info

Psychiatrist Contact Info

Psychotherapist Contact Info

Hospital Contact Info

988 Suicide Crisis Helpline (Call or text 9-8-8)

911

310-COPE

Where is a safe place that I can go to be around people?

(e.g., coffee shop, library, mall, going outside, support group, Emergency Department, health centre)

What do I need to do to ensure safer use of substances?

(e.g., medications, unregulated drugs, alcohol)

Ideally, substances should not be used during a time of crisis, however if using substances:

- Do not use alone and use with a trusted person
- Use an overdose response service or visit a supervised consumption service (see further information below)
- Carry naloxone (see further information below)
- Avoid mixing substances
- If using substances, use small amounts, start low and go slow
- Alcohol is a depressant and may change your mood state (e.g., sadness, despair)

How will I make my environment safer?

(e.g., keep phone charged; remove, disable, or secure knives, guns, rifles, alcohol, unregulated drugs)

Emergency/Important Contacts

988, 911, 310-COPE

Black Youth Helpline 416-285-9944 or 1-833-294-8650 helpline to link to services in French, other languages, 9 a.m. to 10 p.m.

Community Crisis Response Service 1-855-310-COPE, 1-866-323-7785 (TTY) speak with crisis worker

Connex Ontario call 1-866-531-2600, text, live chat for mental health and addictions services 24 hours a day

Good2talk.ca 1-866-925-5454 or text GOOD2TALKON to 686868 for post-secondary students ages 17 to 25

Here to Help (York Hills) 905-503-9561 single session counselling for youth and parents/caregivers Monday to Thursday, 2 p.m. to 7 p.m.

Hope for Wellness 1-855-242-3310 Indigenous Helpline Kids Help Phone call 1-800-668-6868, text 686868, or chat live 24 hours a day, in English and French

Naloxone Kits (FREE) Call 1-877-464-9675 x 76683 or email substance@york.ca; visit <https://www.ontario.ca/page/where-get-free-naloxone-kit> to find your closest agency or pharmacy access point

Naseesha Muslim Help Line 1-866-627-3342 text or helpline for Muslim youth, 12 p.m. to 3 a.m.

National Overdose Response Service 1-888-688-6677 Supervised telephone consumption support (911 call support if needed)

Supervised Consumption Sites in Toronto <https://health.canada.ca/en/health-canada/services/drugs-medication/opioids/responding-canada-opioid-crisis/map.html#wb-auto-7>

Talk 4 Healing 1-855-554-4325 support for Indigenous women in 14 languages, 24 hours a day

Talksuicide.ca 1-833-456-4566 (24 hours a day); or text 45645 (4 p.m. to midnight) suicide crisis helpline

Transgender Crisis Line 1-877-330-6366 crisis and peer support, staffed by trans people

Youthline.ca 1-647-694-4275 text or live chat peer support for 2SLGBTQ+ youth (29 and under) across Ontario 4 p.m. to 9:30 p.m.

Youthspace.ca 1-778-783-0177 text or live chat 6 p.m. to midnight for those under 30 years of age

“You want the pain to end, not your life.”

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228

york.ca/HealthConnection

The logo for York Region, featuring a stylized white star or spark icon above the text "York Region" in a white serif font, all set against a dark blue background with purple and light blue abstract shapes.

York Region