

## Suicide Safety Plan Template

This Safety Plan Template is intended for people who are safe for now, meaning they are at low to zero risk of suicide in the next 24 – 48 hours.

**Should the risk of suicide be moderate or high** please consider the situation to be an emergency.

In a suicide emergency please help provide safety to the individual using any of the following resources.

- Take the person to the Emergency Room at the hospital.
- Call Emergency Services: 911

### **Call a Suicide Crisis Line:**

- National Suicide Crisis Helpline: 9-8-8
- Provincial Suicide Prevention Line - 1 800 784 2433/ 1-800-SUICIDE (24/7)
- The Interior Crisis Line Network - 1 888 353 2273 (24/7)
- Mental Health Support Line - 310 6789 (no area code needed)

### **Step 1:**

**Warning signs** - that a crisis is developing. (thoughts, mood, situation, behaviour)

1:

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2:

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3:

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4:

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5:

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**Step 2:**

**Internal Coping Strategies** – activities to distract myself without contacting others.

1:

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2:

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3:

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**Step 3:**

**External Coping Strategies** – things I can do to take my mind off problems with another person.

1: Name of Person/s:

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1: Activity:

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2: Name of Person/s:

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2: Activity:

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3: Name of Person/s:

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4: Activity:

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**Step 4:**

**People & Social Settings** – that provide distraction.

Name & Contact information:

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Name & Contact information:

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Name & Contact information:

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Name & Contact information:

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Place & Time:

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Place & Time:

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Place & Time:

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Place & Time:

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**Step 5:**

**People I can ask for help.**

Name & Contact information:

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Name & Contact information:

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Name & Contact information:

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Name & Contact information:

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**Step 6:**

**Professionals** – or organizations I can contact DURING an active crisis.

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Name of Service:

Name and Title of practitioner:

Phone:

Emergency Contact Number:

Emergency Contact Address:

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Name of Service:

Name and Title of practitioner:

Phone:

Emergency Contact Number:

Emergency Contact Address:

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Name of Service:

Name and Title of practitioner:

Phone:

Emergency Contact Number:

Emergency Contact Address:

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**Step 7:**

**Making the environment Safe** - remove the means of suicide.

1:

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2:

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[illegible]