

## Personal Safety Plan

**I can get through this difficult time.** Suicidal thoughts can be very strong. This personal safety plan is for me to use to keep myself safe when I have thoughts of suicide. I will keep a copy close by and use as often as I need.

**I am not alone!** I can reach out for help and support. I can share a copy of my plan with people and networks I choose.

My signs (*thoughts, feelings, body sensations, behaviors, or situations*) when I am not doing well and thinking about suicide are:

My activities that I can do to calm and comfort myself are:

The places and spaces I can go to calm and comfort myself are:

My reasons for living are:

This is how I can make my surroundings safe:

The people who I can contact for support are (*include name, contact information and supportive role*):

The professionals I can contact when I am not doing well and thinking about suicide are (*e.g. Counsellor, Employee Assistance Program, Health Care provider*):

I can contact the crisis support services listed on the back of this plan anytime. (*see reverse*)

**I will go to an emergency department, urgent care centre or nursing station, if I cannot keep myself safe. If I cannot get there, I will call 911 for immediate help.**

### Crisis Resources and Support Services

#### Local/Regional

Calgary Community Resource Team: **403-299-9699** (*call or text*)

Calgary Distress Centre: **403-266-4357 (403-266-HELP)**

Central CMHA Distress Line: **1-800-232-7288**

Edmonton Access 24/7: **780-424-2424**

Edmonton Child and Adolescent Crisis Team: **780-407-1000**

Edmonton CMHA Distress Line: **780-482-4357 (780-482-HELP)**

North CMHA Distress Line: **1-800-232-7288**

Some Other Solutions Society for Crisis Prevention (*Fort McMurray*): **1-800-565-3801** or **780-743-HELP**

South CMHA Distress Line (*Lethbridge*): **1-888-787-2880**

South Lethbridge Crisis Intervention Team Distress Line: **1-403-327-7905**

#### Provincial (Alberta)

AB 211: **211** (*call or text*) or online chat

AB Addiction Helpline: **1-866-332-2322**

AB AHS Health Link: **811**

AB Emergency Services: **911**

AB Mental Health Helpline: **1-877-303-2642**

AB Sexual Violence Helpline: **1-866-403-8000** (*call or text*)

#### National (Canada)

Canada Suicide Prevention Service: **9-8-8** (*call or text*) English & French

First Nations and Inuit Hope for Wellness Hotline: **1-855-242-3310** or online

Kids Help Phone: **1-866-297-4101** or Text **686-868**

Trevor Project (LGBTQ2S+ Crisis Hotline): **1-866-488-7386** or online chat