



MY PERSONAL SAFETY PLAN

What matters most to me

- *What brings me joy, even a little?*
- *What do I care about, even when things feel heavy?*
- *What's something I've always wanted to do, try, or change?*

Write down anything that comes up. Even the small stuff matters.

Triggers

What kinds of things make me feel worse?

Tip: Noticing any of these? Try to use the coping strategies listed below. If possible, give yourself a break by stepping away from these triggers for a while.

Warning Signs

What tells me or someone close to me that a crisis might be developing?

Body	Thoughts
Actions	Feelings



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Self-Soothing Strategies

What can I do on my own to take my mind off distress or calm down?

Tip: These might be things you already find comforting or do to take care of yourself.

People & Places That Provide Distraction

Who can I see or where can I go to help take my mind off things, no need to talk about the crisis unless I want to?

People

Places



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People I Can Ask for Help

Who can I call when I need active support?

Connect with the people on your list before a crisis happens. Having an upfront conversation can set clear expectations. Key topics to cover include:

- How to signal for help (or check in on each other) using language you're both comfortable with.
- The exact support you need—and the habits or actions they should avoid.
- The limits of their role so they don't feel solely responsible for your safety.
- What steps to take if they're concerned they aren't helping enough.
- External support resources available to them as helpers.
- How they can let you know if they need to take a temporary break.

Name	Contact	How They Support Me

24/7 Local Resources

Organization	Target Audience	Contact Method
Suicide Crisis Helpline	All ages	Call or Text: 9-8-8
Distress Centre Ottawa	Ages 16+	Call: 613-238-3311 Text: 343-306-5550
Youth Comeback Crisis Line	Under 18	Call: 613-260-2360 Toll-Free: 1-877-377-7775
Youth Services Bureau (YSB)	Under 18	Call: 613-260-2360 Online Chat: chat.ysb.ca
Hope for Wellness Helpline	Indigenous Service	Call: 1-855-242-3310
Royal's Minto Greenburg Urgent Care Clinic**	Ages 18+	** NOT a 24/7 Service! Hours are: Mon–Fri, 8 a.m.–4 p.m. Call for availability. Call: (613) 722-6521

If you're in immediate danger, contact local emergency services.



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Making My Environment Safe

What do I need to remove or relocate that could be harmful to me during a crisis? Who will help me keep my environment safe? How long will these safety measures remain in place?

Barriers & Next Steps

Do I foresee any barriers to this plan? If yes, how will I address them?

My Circle of Care

Do I need to book a follow up appointment with my professional support system?

Name	Role	Contact
	General Practitioner	
	Therapist, Cultivate Mental Health	Phone: (613) 683-0551 Email: Hello@cultivatemh.ca
	Case Worker	



MY SAFETY PLAN: AT A GLANCE

What Matters Most to Me	Triggers & Warning Signs
☐	☐
☐	☐
☐	☐

Things I Can Do on My Own	People & Places to Distract Me
☐	☐
☐	☐
☐	☐

My Supports

Who	Role	Contact Information
	Personal Support	
	CMH Therapist	Phone: (613) 683-0551 Email: Hello@cultivatemh.ca
	GP/Psychiatrist	
	Crisis Resource	

If you're in immediate danger, contact local emergency services.