

SAFETY AND WELLNESS PLAN

PURPOSE

Safety plans should be used as a resource for clients to highlight what they are willing to do in order to increase their use of external and internal resources and stay safe from suicide. The following plan is a guide that can be used both during a suicide intervention and throughout the span of one's work with someone who struggles with ongoing suicidal ideation.

NAME: _____ **DATE:** _____

If I am unable to keep myself safe from suicide, I will:

- Call 911 or my 24-hour crisis line _____
- Go to the emergency room
- Ask for help from a supportive adult _____
- Not use drugs or alcohol

| PEOPLE WHO CAN SUPPORT MY PLAN | NAME: | CONTACT INFORMATION: |
|--------------------------------|-------|----------------------|
| Caregiver | | |
| Counsellor | | |
| Social Worker | | |
| Teacher | | |
| Doctor | | |
| Spiritual Support | | |
| Other | | |

MY WELLNESS PLAN

My Warning Signs:

- _____
- _____
- _____

My Coping Strategies:

- _____
- _____
- _____

My Reason for Living:

- _____
- _____
- _____

Next Steps: _____
