

Safety Plan

Know When to Get Help

Understanding Triggers (What emotions/sensations/behaviours happen before a problem may arise?)



Use Coping Skills

What can you do, by yourself, to support the problem? What obstacles might there be to using these coping skills?

Short Term Goals

Medium Term Goals

Long Term Goals

Reach Out to Social Support

If you are struggling to handle your problem alone, contact trusted family members or friends.

Seek Help from Professionals

If your problem persists, or if you have suicidal thoughts, reach out for professional support.