

Step 1: Warning Signs

Thoughts, emotions, and behaviours that signal a crisis is starting:

1. _____
2. _____
3. _____

Step 2: Solo Activities

Activities I can do independently to distract myself:

1. _____
2. _____
3. _____

Step 3: Social Distractions

People and places to distract me from suicidal thoughts:

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Place: _____ Address: _____
4. Place: _____ Address: _____

Step 4: Supportive Family, Friends, Peers

People I can ask to help me through a crisis:

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____

Step 5: Professionals to Contact

Emergency lines and professionals I can call for help:

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Local E.R. Address: _____

• **988 Suicide & Crisis Lifeline: Call or text 988, visit 988.ca (Canada)**

Step 6: Making the Environment Safe

Steps to reduce my access to lethal means:

1. _____
2. _____
3. _____

Step 7: Protective Factors

Characteristics that reduce the likelihood of suicidal behavior (i.e. reasons for living) (e.g. responsibilities, personal goals, future plans):

1. _____
2. _____
3. _____