

Crisis Plan

<p style="text-align: center;">Triggers</p> <p>What signs tell me it is time to activate the crisis plan?</p> <p><i>Emotions</i> (e.g. Hopeless, sad)</p> <p><i>Thoughts</i> (e.g. I want to kill myself)</p> <p><i>Behaviour</i> (e.g. Collecting pills)</p>	<p style="text-align: center;">Individual Coping</p> <p>What can I do to distract or help myself?</p> <p style="text-align: center;">Interpersonal Resources</p> <p>Who can I turn to for support? Write down their name, relationship to you, and contact number.</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p style="text-align: center;">Safe Space</p> <p>Where can I do to make my space safer? (e.g. Throw away sharps, ask someone to keep my medication for me)</p> <p>Where can I go so that I will be safe?</p>	<p style="text-align: center;">Emergency Services</p> <p><i>Hotline</i> What is the local suicide hotline number?</p> <p><i>Hospital</i> Which hospital can I go to?</p> <p>What is the hospital's contact number?</p> <p>What is the hospital's address?</p>