



SAFETY PLAN

A safety plan helps guide you when you are experiencing thoughts of suicide

Complete while calm



What are your triggers?

-
-
-

What are some warning signs?

-
-
-

What helps distract you?

-
-
-

Who helps you feel safe?

-
-
-

Choose a codeword for when you are in crisis
(Tell your safe people)



BC CRISIS LINE:
1-800-SUICIDE

VANCOUVER ISLAND CRISIS LINE:
1-888-494-3888

KUU-US 24HR CRISIS LINE:
1-800-588-8717

If you feel like you cannot keep yourself safe from suicide, please go to the hospital. If you have it on you, give them this booklet.

Ages 17 and under: Victoria General Hospital
Ages over 17: Royal Jubilee Hospital

Contact us: mhsvictoria.org
@mhsvictoria