

# 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:

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

### People who can support my plan:

	Name	Contact Information
Caregiver		
Counsellor		
Social Worker		
Teacher		
Doctor		
Spiritual Support		
Other		

### I commit to my wellness in the following ways:

#### Noticing my warning signs:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Using my coping tools:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Remembering my reasons for living:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Next Steps