



Mental Health Safety Plan

- A mental health safety plan can help keep you safe if you are feeling overwhelmed and having thoughts of ending your life. Creating a plan like this will help you to understand yourself better, keeping you safer. It's important to share this plan with important people in your life, those that are close to you, so they can support you.
- If your needs or triggers change, revise your safety plan with your counsellor or worker. If you don't have a counsellor or worker, don't be afraid to reach out to the many supports that exist in our community. Some of these support agencies are listed at the end of this document.
- Don't be afraid to get creative with your safety plan! Use art, music, scrapbooking or writing - whatever helps you to express yourself!
- Always reach out if you need help. Important contact numbers are at the end of this document.

My Triggers

What are some things that set me off?

Things that I do/ways that I feel when things are not going well?

My Warning Signs

What are my warning signs that tell me I am starting to get overwhelmed?

Thoughts (for example, thinking: • negative, dark thoughts; • that things will never get better)	Emotions (example: starting to feel hopeless, guilty, or angry)	Body Sensations (example: a racing heart, shaking hands, tightness in chest)	Behaviours (example: pacing, spending a lot of time sleeping, spending a lot of time alone)

Thoughts	Emotions	Body Sensations	Behaviours

My Coping Strategies

What are some helpful things that will take my mind off the problem? Some examples include: going for a walk, calling a close friend to just vent, watching a movie, resting, surround myself with my favorite things, do activities, listen to music.

Things that helped in the past:

Things that I can try, that might help:

Places I can go that help me to feel calm:

Important Things in my Life

Who are the people or animals that are important to me? (for example: mother, father, brother, sister, friends, relatives, or pets)

What are other things that are important to me? (for example: remembering that things will get better one day, future goals like school, career, travel or family goals)

What motivates or inspires me?

Sometimes, when people are feeling sad, they have a hard time seeing the reasons for living. If this is the case for you right now, what are some reasons that others might point out for you?

My Support Network

Who are the main people that I can turn to for support if I am overwhelmed? (for example: people to whom I can say, “Hey, I’m not feeling good right now, I really need someone to talk to... I don’t need advice; I just need you to listen... Can we talk?”)

- Someone to spend time with to take my mind off things _____
- Someone who can help with practical things (for example, taking me to appointments) _____
- Someone who is a good listener _____
- Someone who gives good advice _____

What do I need from others if I ask for help?

If parents and caregivers notice any of my warning signs, they can help by:

My emergency contacts:

Important information to share with an emergency contact:

It is important for people who care about you and medical professionals to know what medications you are currently taking in case of an emergency.

Please list what medications you are currently taking:

Reach Out If You Need Help

Immediate Support:

- **9-1-1**

If you are experiencing a mental health emergency that requires immediate treatment and support please call 9-1-1 or go to your nearest emergency department

- **Crisis Hotline:** 705-675-4760

Crisis Services are free for people living or visiting in the Sudbury & Manitoulin Districts. They work with individuals of all ages and with your family and other supports if you agree to have them involved. They will help you find solutions to the issues you face and provide brief counselling and referral to other programs or agencies than can help you.

- **Canada Suicide Prevention Service:** 1-833-456-4566

They are available 24 hours a day, 7 days a week and 365 days a year. They offer support to anyone concerned about suicide. Whether you are suffering from a loss, worried about someone who may be having suicidal thoughts, or having suicidal thoughts yourself, the highly trained responders are there to provide support.

- **Good2Talk Student Help Line** 1-866-925-5454 or text: GOOD2TALKON to 686868

Good2Talk is a confidential service for post-secondary students in Ontario, available 24/7/365. Post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions and well-being.

- **Kids Help Phone** 1-800-668-6868 or text: CONNECT to 686868

Kids Help Phone offers professional counselling, information and referrals and volunteer-led, text-based support to young people. You can connect with them over the phone, text, mobile app like Facebook, or through their website at www.kidshelpphone.ca

Ongoing support:

- **Canadian Mental Health Association (CMHA) 705-675-7252**

The branch is mandated to provide services to individuals with mental health issues or a diagnosis of a mental illness (though it is not required) within the Sudbury and Manitoulin districts. Their purpose is to support healthy people and communities through advocacy and the provision of safe, inclusive and accessible mental health and addictions services.

- **Compass – Child & Youth Mental Health Services 705-525-1008**

Compass is the Lead Agency for Child and Youth Mental Health Services in the Districts of Sudbury and Manitoulin. Compass provides mental health, developmental and community services for children, youth and families.

- **Northern Initiative for Social Action (NISA) (705) 222-6472**

NISA is a peer-run, recovery-oriented mental health organization located in downtown Sudbury which offers peer support along with active living, and creative and occupational/vocational programming.

- **Sudbury Action Centre for Youth (SACY) (705) 673-4396**

SACY offers numerous programs. These programs include: Harm Reduction/Community Support, Housing Case Management, Youth Outreach Workers, TG InnerSelves direct support and education, overnight Warming Centre and youth programming.

- **Sudbury & Area Victim Services (SAVS) (705) 522-6970**

SAVS can provide referrals to long term supports within the community and can help determine what organization is a good fit for your situation.

What to Expect When You Reach Out

Reaching out can be stressful. Knowing what to expect can support you in getting the help you need. Here's what you can expect:

Help Line/Crisis Line

An anonymous, supportive person who:

- Will listen
- Will help you get through your crisis
- May connect you to resources, including urgent care

Urgent Care and the Emergency

Department

Staff will:

- Ask personal questions to assess your situation
- Get you the best help they can

If you choose to go to urgent care, be prepared to wait in a busy environment. Don't forget your ID and meds. Bring things to make you feel comfortable while you wait for help:

- Sweater/blanket
- Book/magazine
- Music
- A snack or drink
- A comfort item

Try one or more of these tips to help you stay safe while you wait:

- Use your safety plan
- If possible, ask someone to stay with you
- Try to breathe slowly and deeply
- Keep your hands busy with your phone or safe object
- Move around
- Doodle or journal
- Sip some water
- Stay in a room where you feel safe

Questions?

If you have any questions about any of the information contained in this document, please reach out to a staff member at Sudbury and Area Victim Services by phone at 705-522-6970 or info@savs.ca and we will assist you.