

My Safety Plan: Thoughts of Suicide

If you're experiencing thoughts of suicide, you can use this tool to identify ways to put your safety first and get support. It may be helpful to fill it out with someone you trust. For more information and support, you can visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca).



Things that may bring up thoughts of suicide for me

(e.g. experiences of abuse, breakups, comparing myself to others, etc.):

Things that tell me I may need support
(e.g. certain thoughts, specific feelings, particular behaviours, etc.):



Things that give me a reason to live
(e.g. things that bring me joy, people that uplift me, etc.):

My hopes for the future:
(e.g. where I would like to be in 5 years, etc.):



Ways I can manage difficult thoughts / feelings in the moment:
(e.g. listen to music, meditate, make art, etc.):

Things I can do to create a safer space for myself in the moment:
(e.g. go into another room, distance myself from things I could use to cause harm, etc.):



People / services I can connect with for more support:

KidsHelpPhone.ca
Call 1 800 668 6868
Text 686868

