



## MY PERSONAL SAFETY PLAN

This plan is a personal support tool. It does not replace professional care. If you are in immediate danger, contact emergency services or a mental health crisis team.

### Early Warning Signs

Notice thoughts, feelings, or behaviours that tell you distress may be increasing.


### What Helps Me Cope

Things you can do on your own that usually help calm or steady you.


### Grounding / Distraction Strategies

Activities that help bring your attention back to the present moment.


### Keeping Myself and My Space Safer

Steps you can take to reduce immediate risk and increase safety.


### People I Can Reach Out To

Trusted people or services you can contact for support.


## What Helps When Others Support Me

Ways others can support you best, and what to avoid.


## Reasons to Stay Safe

People, values, or responsibilities that help you hold on during hard moments.


**Emergency Support:** If I feel unable to keep myself safe, I will contact emergency services or my local crisis team.