

Appendix E: Safety Plan Template for Clients at Risk of Suicide

Adapted from (Samra & Bilsker 2007) as referenced in the CAMH Handbook, Appendix III, pg 86-87.

1. What activities can I complete to calm/comfort myself?
2. These are reminders to myself of my reasons for living:
3. What can I do to reduce the risk of acting on suicidal thoughts?
4. What warning signs or triggers make me feel less in control of suicidal behaviour?
5. What have I done in the past that has helped? What coping skills can I use now?
6. What can others do to help?

7. Call a friend or family member: (name and phone number)

8. Call a backup person if person above is not available: (name and phone number)

9. Call a care provider (GP, psychologist, psychiatrist, or therapist): (name and phone number)

10. Call my local crisis line: Island Helpline 1-800-218-2885

11. This is a safe place where I can go:

I can go to the emergency room at the nearest hospital. If I feel that I can't get to the hospital safely, I will call 911 and request transportation to the hospital. They will send someone to transport me safely.