

# MY SAFETY AND WELLNESS PLAN

*I commit to keep myself safe in the following ways:*

**Give all of my suicide methods to:** \_\_\_\_\_  
(name)

**If I need support I will go to stay with my family or my friends including:**

**~ If I need to be safer:  
I will go to the *hospital*  
or ask for a 24 watch ~**

\_\_\_\_\_ (name)

\_\_\_\_\_ (name)

**Meet with a mental health clinician:** \_\_\_\_\_  
(name)

**Stay sober** (avoid all use of drugs or alcohol)

*I commit to pursue wellness in the following ways:*

**Meet with counsellor to:** \_\_\_\_\_  
(name)

- ~ Talk out my feelings &
- ~ Learn to fight suicidal self-talk

Spend positive **time with family and/or friends**—enjoy their company

Pursue **reasons to live and positive/soothing activities.**

\_\_\_\_\_  
(signature)

## **MY SAFETY AND WELLNESS PLAN**

- If I need support I will go to stay with my family or my friends and  
if I need to be safer: I will go to the hospital or ask for a 24 watch;
- I will meet with: \_\_\_\_\_ (mental health clinician);
- I will stay sober (avoid all use of drugs or alcohol);
- I will meet with: \_\_\_\_\_ (counsellor);  
~ to talk out my feelings & learn to fight suicidal self-talk;
- I will spend positive time with family and/or friends;
- I will pursue reasons to live and positive/soothing activities.