

WB 7.1 — My Safety Plan

Complete now, while calm. Keep it where you can find it fast.

Purpose A safety plan is a set of steps, prepared in advance, that move from what you can do on your own to reaching others and professional help. Filling it in while calm means it is ready the moment warning signs appear.

How to use this page

When: Work through the steps in order. If you are not safe right now, skip to Step 8 and call or text 9-8-8.

Done when: You have completed all nine steps and saved a copy where you can reach it quickly.

Anchor Phrase: *'Safety first. Presence second. Everything else follows.'*

Loop stage: Ground → Connect → Recover

Step 1 • My warning signs — how I know to use this plan

Thoughts, feelings, body sensations, and behaviours that tell me a crisis may be building:

Step 2 • My reasons to stay safe

People, animals, commitments, and futures worth holding onto:

Step 3 • Things I can do on my own to get through it

Distraction and self-soothing I can do without contacting anyone. If substance use is part of how you cope, this plan works as it is — it does not require you to stop first, and being honest here makes the plan more useful, not less:

☐ Steps 1-3 completed