

All Sites and Facilities

Discharge and Safety Plan

Last Name.			
First Name (Preferre	ed Name):		
Encounter number:	NH Nu	mber:	Chart Created: Y/N
Date of Birth:	Gender:	Age:	Encounter Type:
Responsibility for Pa	iyment:	PHN:	
Primary Care Physic	an/Attending	Physician:	

For Child and Youth Mental Health and Substance Use

Page 1 of 7 PATIENT LABEL

Patient name	Phone #	Alternate phone #
Parent/guardian name	Phone #	Alternate phone #

Presenting concern(s) as reported by patient:

Discharge impressions and recommendations:

Co	ommunity follow-up details	Cont	act Info.	Date faxed
Communication				
Patient/guardian provided with	th <u>CYMHSU FamilyResource</u> List			
Discharge and safety plan an	d HEARTSMAP assessment faxed to:			
Primary care provider (family	/ physician/NP) Name:			
Specialist provider (psychiat	rist and pediatrician) Name:			
NH Regional Liaison at UHN	IBC to facilitate next business day follow up	250-	645-8031	
CYMH Provider (see reverse	e) 🗌 Urgent CYMH contact needed			
School MH Clinician if client	is attached to one IN/A			
Substance use services (see	e reverse)			
Other care providers as iden	tified by youth/guardian if none of the above are avai	lable		
Name:				
Follow up Appointments		<u> </u>		<u> </u>
Parent/guardian is aware to	arrange appointment with primary care provider in _	days		
Client was asked to call the	CYMH provider next business day (see reverse)			
Guardian aware to connect v	with other providers on their care team			
Medication name	Dosage/frequency	Duration	Prescrip	tion written
			🗌 Yes	s 🗌 No

Medications at time of discharge (current/new)

- Reviewed the rationale for and questions about medications with the patient
- https://keltymentalhealth.ca/medications as a resource for medication information and education
- Consider whether special authority forms will be required for medication coverage
- Attach Medication Reconciliation if current medications exceed space on medication chart

Form completed by: _____ Time: _____

Emergency Physician:

All of the above reviewed with: Child/you	uth	Parent/Guardian (or responsible adult)
	uui	
Patient left escorted by:	at:	



□ No

□ No

| Yes

🗌 Yes



My Safety Plan

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My potential stressors are My early warning signs are • • <	ease use the pictures on the next three	e pages to help you complete t	this section.	
1. Use my tools to feel better, which are ☆ ☆ ☆ ☆ ☆ ☆ An important person in my life is Something I enjoy doing is One thing I'm looking forward to	•	·		
☆ ☆ ☆ ☆ ☆ ☆ An important person in my life is Something I enjoy doing is One thing I'm looking forward to	I feel stressed and/or unsafe I will			
	☆	☆ ☆		
	n important person in my life is	Something I enjoy doing is	One thing I'm looki doing is	ng forward to
2. Speak to a trusted adult Name: Phone: Ways I would like them to support me are: ☆	Name: Phone: Ways I would like them to support me are	e: Ways I wou	uld like them to support me	
3. Call my community team	3. Call my community team			
Name: Role: Phone:	Name:	Role:	Phone:	
Name: Role: Phone:	Name:	Role:	Phone:	
First Nations communities and Indigenous organizations may also have supportive roles who offer cultural ways of helping, you might already be connected to a helper like this. These are good supports to consider since they offer ways to help that are based on cultural strengths of your community and allow connection to community and land.	helping, you might already be connected	to a helper like this. These are g	good supports to consider si	nce they offer
4. Go somewhere I feel safe				★* ★ ★ - * ↓ ↓
 5. Call my local crisis line: Northern BC Crisis Line: a safe and non-judgmental crisis line to discuss anything troubling you 1-888-562-1214 text 250-563-1214 Youth Crisis Line: Trained peer support: call 1-888-564-8336 or text 250-564-8336 KidsHelp Phone: professional counselling, information and referrals Text CONNECT to 686868, call 1-800-668-6868 or KidsHelpPhone.ca BC Suicide Line: if you are considering suicide please call 1-800-SUICIDE or 1-800-784-2433 KUU-US Crisis Line: Support for Indigenous people Toll free 1-800-588-8717 6. Go to the Emergency Room at the nearest hospital 	 Northern BC Crisis Line: a safe and text 250-563-1214 Youth Crisis Line: Trained peer supp KidsHelp Phone: professional couns Text CONNECT to 686868, call 1-80 BC Suicide Line: if you are consideri KUU-US Crisis Line: Support for India 	ort: call 1-888-564-8336 or text 2 elling, information and referrals 0-668-6868 or KidsHelpPhone.c ng suicide please call 1-800-SUI igenous people Toll free 1-800-56	250-564-8336 a ICIDE or 1-800-784-2433	1-888-562-1214 or



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My Stressors aRe.						
yelling	feeling tired	too many people	eye contact	Wone Cosing	bedtime	social media
A contraction 	textures	school	missing someone	feeling hungry	Fear of	exercise thoughts/talk
being told no	feeling alone	being touched	being told what	fighting	seeing people upset	romantic relationships
feeling rushed	surprises	transitions/ change	the dark	Loud noises	teasing/bullying	weight
weather	waiting	kigh expectations	meeting people	food talk/thoughts	cooking	shopping
mirrors	else?		\mathbb{Q}	e		



my Early WARNING SIGNS are

being louder	being quieter	hard to think	not taking care of myself	arguing/refusing	I carif do it.	dry mouth/ throat
headache	swearing	upset stomach	trouble sleeping	repeating myself	threatening/ hurting others	How can't have that allowed N Iouder ED voice
hurting self	biting nails	clenching fists	shaking	throwing things	feeling hot	restricting
racing heart	worrying about	hard to breathe	hiding/avoiding	talking faster	arguing/refusing	binging/purging
hard to sit still fidgeting	your a your a your a LOSER saying hurtful things	crying	acting silly	tensing	pacing	substance use
wanting to exercise	else?				2	



All Sites and Facilities My Safety Plan

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my TOOLS to Feel Better aRe.

	e		l		d	
Der Den Terren T	doing arts/ crafts	taking deep breaths	123 4567 8910 counting	splashing water on face/wrists	playing computer/ video games	yoga
playing with animals	wrapping in a blanket	fidget tools	shaking out arms/wrists	l can do it. l can do it. do it. do it. positive thinking	having a snack	drinking tea
do this. or this! having choices	comfort item	asking for help	climbing	going outdoors	watching a show/movie	knitting/ crocheting
calling	getting a hug	listening to music	playing games	relaxing with lights	colouring	grounding exercises
R k taking medication	knitting/ crocheting	looking at books	building a fort	having a drink	progressive muscle relaxation	exercising
going to a quiet space	listening to guided imagery	having a shower/bath	else?	1	1	



Urgent Referrals Contact List

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Community	Type of Service	Contact Information	Fage 6 01 7
	Mental Health	Carrier Sekani Family Services	Phone: 250-692-2387 Fax: 250-692-2389
Burns Lake	Substance Use	Burns Lake Mental Health and Substance Use Services	Phone: 250-692-2412 Fax: 250-692-2451
Chetwynd	Mental Health	CYMH Chetwynd	Phone: 250-784-2342 Fax: 250-784-2303
	Mental Health	CYMH Dawson Creek	Phone: 250-784-2342 Fax: 250-784-2303
Dawson Creek	mentai neatti	Dawson Creek Aboriginal Family Services	Phone: 250-782-1169 Fax: 250-782-2644
	Substance Use	Dawson Creek Health Unit	Phone: 250-719-6525 Fax: 250-719-6513
Dease Lake	Mental Health	CYMH Dease Lake	Phone: 250-771-3444 Fax: 250-847-7811
Fort Nelson	Mental Health	CYMH Fort Nelson	Phone: 250-774-5585 Fax: 250-774-3421
T OIT NEISON	Substance Use	Fort Nelson Primary Care	Phone: 250-774-7092 Fax: 250-774-7096
		CYMH Connexus	Phone: 250-996-7645 Fax: 250-996-7647
Fort St James	Mental Health	Carrier Sekani Family Services	Phone: 250-996-7640 Fax: 250-996-7644
	Mental Health	CYMH Fort. St. John	Phone: 250-263-0121 Fax: 250-263-0123
Fort St John		Nenan Dane zaa Deh Zona Family Services Society	Phone: 250-787-2151 Fax: 250-787-2152
	Substance Use	Fort St. John Mental Health and Substance Use Services	Phone: 250-263-6080 Fax: 250-262-5313
Fraser Lake	Mental Health	CYMH Connexus (Vanderhoof)	Phone: 250-567-9205 Fax: 250-567-3939
	Mental Health	Haida Child and Family Services	Phone: 250-626-5257 Fax: 250-626-5287
Haida Gwaii	Substance Use	Masset: Haida Gwaii Mental Health – Youth Addiction Services	Phone: 250-626-4721 Fax: 250-626-4708
	Substance Ose	Queen Charlotte City: Haida Gwaii Mental Health – Youth Addiction Services	Phone: 250-559-4933 Fax: 250-559-8037
Hazelton	Mental Health	CYMH Hazelton	Phone: 250-842-7624 Fax: 250-847-7811
	Substance Use	Hazelton Community Health Services	Phone: 250-842-5144 Fax: 250-842-2179
Houston	Montal Haalth	Houston Health Center	Phone: 250-845-2294 Fax: 250-845-7884
Houston	Mental Health	CYMH Smithers	Phone: 250-847-7727 Fax: 250-847-7811



Urgent Referrals Contact List

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Kitimat	Mental Health	CYMH Kitimat	Phone: 250-632-7256 Fax: 250-632-6287
Kitimat	Substance Use	Kitimat Mental Health and Substance Use Services	Phone: 250-632-3181 Fax: 250-632-7081
Mackenzie	Mental Health and Substance Use	Mackenzie Counselling Services	Phone: 250-997-6595 Fax: 250-997-3903
Mental Health		Robson Valley Community Services	Phone: 250-569-2266 Fax: 250-569-2200
McBride	Substance Use	McBride Mental Health and Substance Use Services	Phone: 250-569-2038 Fax: 250-569-2232
	Mental Health	Prince George Intersect Youth and Family Services	Phone: 250-562-6639 Fax: 250-562-4692
Prince George	mentarrieatti	Prince George Native Friendship Centre	Phone: 250-564-4324 Fax: 250-563-0924
T fince George	Mental Health and Substance Use	Foundry	Phone: 236-423-1571 Fax: 236-423-3881
	Substance Use	Prince George Youth Community Outpatient Team	Phone: 250-649-7660 Fax: 250-649-7662
		CYMH Prince Rupert	Phone: 250-624-7594 Fax: 250-624-7490
Prince Rupert		Northwest Inter-nation Family and Community Services (provides ACYMH services to Lax Kw'alaams FN; Metlakatla FN; Gitga;at (Hartley Bay FN); and Gitxaala (Kitkatla FN)	Phone: 250-638-0451 Fax: 250-638-8930
Substance Use		Prince Rupert Community Health	Phone: 250-622-6310 Fax: 250-622-6319
Quesnel	Mental Health	CYMH Quesnel	Phone: 250-992-4267 Fax: 250-992-4351
Smithers	Mental Health	CYMH Smithers	Phone: 250-847-7727 Fax: 250-847-7811
		CYMH Terrace	Phone: 250-615-4860 Fax: 250-632-4873
Terrace	Mental Health	Northwest Inter-nation Family and Community Services (provides ACYMH services to Kitsumkalum First Nation; Kitselas First Nation; and Haisla First Nation)	Phone: 250-638-0451 Fax: 250-638-8930
	Mental Health and Substance Use	Foundry	Phone: 250-635-5596 Fax: 250-635-5527
	Substance Use	Terrace Youth Substance Use Community Based Outpatient Services	Phone: 250-631-4202 Fax: 250-638-2342
Tumbler Ridge	Mental Health	CYMH Dawson Creek	Phone: 250-784-2342 Fax: 250-784-2303
Valemount	Mental Health Robson Valley Community Services		Phone: 250-566-9107 Fax: 250-566-0011
	Substance Use	Valemount Health Centre	Phone: 250-566-9138 Fax: 250-566-4319
	Mental Health	CYMH Connexus	Phone: 250-567-9205 Fax: 250-567-3939
Vanderhoof		Carrier Sekani Family Services	Phone: 250-567-2900 Fax: 250-567-2975
	Substance Use	Vanderhoof Community Services and Public Health	Phone: 250-567-6900 Fax: 250-567-6170