

Please use the pictures on the next three pages to help you complete this section.

My potential stressors are...

- _____
- _____
- _____

My early warning signs are...

- _____
- _____
- _____

If I feel stressed and/or unsafe I will...

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 doing is...

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:

- ☆ _____
- ☆ _____

3. Call my community team...

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.

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 or 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

my Stressors are...

 yelling	 feeling tired	 too many people	 eye contact	 losing	 bedtime	 social media
 too much to do	 textures	 school	 missing someone	 feeling hungry	 fear of	 exercise thoughts/talk
 being told no	 feeling alone	 being touched	 being told what to do	 fighting	 seeing people upset	 romantic relationships
 feeling rushed	 surprises	 transitions/change	 the dark	 loud noises	 teasing/bullying	 weight
 weather	 waiting	 high expectations	 meeting people	 food talk/thoughts	 cooking	 shopping
 mirrors	 anything else? <hr/> <hr/>					

my EARLY WARNING SIGNS are...

 being louder	 being quieter	 hard to think	 not taking care of myself	 arguing/refusing	 negative thoughts	 dry mouth/ throat
 headache	 swearing	 upset stomach	 trouble sleeping	 repeating myself	 threatening/ hurting others	 louder 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	 saying hurtful things	 crying	 acting silly	 tensing	 pacing	 substance use
 wanting to exercise	<p>anything else?</p> <p>_____</p> <p>_____</p>					



my TOOLS to Feel Better are...

						
journaling	doing arts/ crafts	taking deep breaths	counting	splashing water on face/wrists	playing computer/ video games	yoga
						
playing with animals	wrapping in a blanket	fidget tools	shaking out arms/wrists	positive thinking	having a snack	drinking tea
						
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
						
taking medication	knitting/ crocheting	looking at books	building a fort	having a drink	progressive muscle relaxation	exercising
			<p>anything else?</p> <p>_____</p> <p>_____</p>			
going to a quiet space	listening to guided imagery	having a shower/bath				

Urgent Referrals Contact List

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Community	Type of Service	Contact Information	
Burns Lake	Mental Health	Carrier Sekani Family Services	Phone: 250-692-2387 Fax: 250-692-2389
	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
Dawson Creek	Mental Health	CYMH Dawson Creek	Phone: 250-784-2342 Fax: 250-784-2303
		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
	Substance Use	Fort Nelson Primary Care	Phone: 250-774-7092 Fax: 250-774-7096
Fort St James	Mental Health	CYMH Connexus	Phone: 250-996-7645 Fax: 250-996-7647
		Carrier Sekani Family Services	Phone: 250-996-7640 Fax: 250-996-7644
Fort St John	Mental Health	CYMH Fort. St. John	Phone: 250-263-0121 Fax: 250-263-0123
		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
Haida Gwaii	Mental Health	Haida Child and Family Services	Phone: 250-626-5257 Fax: 250-626-5287
	Substance Use	Masset: Haida Gwaii Mental Health – Youth Addiction Services	Phone: 250-626-4721 Fax: 250-626-4708
		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	Mental Health	Houston Health Center	Phone: 250-845-2294 Fax: 250-845-7884
		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
	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
McBride	Mental Health	Robson Valley Community Services	Phone: 250-569-2266 Fax: 250-569-2200
	Substance Use	McBride Mental Health and Substance Use Services	Phone: 250-569-2038 Fax: 250-569-2232
Prince George	Mental Health	Prince George Intersect Youth and Family Services	Phone: 250-562-6639 Fax: 250-562-4692
		Prince George Native Friendship Centre	Phone: 250-564-4324 Fax: 250-563-0924
	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
Prince Rupert	Mental Health	CYMH Prince Rupert	Phone: 250-624-7594 Fax: 250-624-7490
		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
Terrace	Mental Health	CYMH Terrace	Phone: 250-615-4860 Fax: 250-632-4873
		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
Vanderhoof	Mental Health	CYMH Connexus	Phone: 250-567-9205 Fax: 250-567-3939
		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