

1. How to Know I am feeling worse/more suicidal?

2. Reasons to live?

3. What can I do to stay safe?

4. What things do I need to take out of my space to stay safe?

5. Friends and/or family I feel safe calling

- Support 1: _____
- Support 2: _____
- Support 3: _____

6. Other people I can call:

- Case Manager/Primary Care Provider: _____
- Northern BC Crisis Line: 250-563-1214 or 1-888-562-1214
- Crisis Line Association of BC 1-800-SUICIDE (784-2433)
- KUU-US Crisis Line Society: 250-723-4050 or toll free 1-800-588-8717
- Problem Gambling Helpline: 1-888-795-6111
- Go to the nearest hospital - If I cannot get to a hospital safely, then I will call 9-1-1

I will give a copy of this plan to these people: _____

