

## My Crisis Prevention and Safety Action Plan

On a scale from one to ten how sad or depressed do you feel today?

1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_ 6 \_\_\_\_ 7 \_\_\_\_ 8 \_\_\_\_ 9 \_\_\_\_ 10 \_\_\_\_

1=very sad

10= not at all

On a scale from one to ten how strong do you feel about dying?

1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_ 6 \_\_\_\_ 7 \_\_\_\_ 8 \_\_\_\_ 9 \_\_\_\_ 10 \_\_\_\_

1=not at all

10= very much

Can you resist the impulse to hurt yourself? How much control do you have?

1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_ 6 \_\_\_\_ 7 \_\_\_\_ 8 \_\_\_\_ 9 \_\_\_\_ 10 \_\_\_\_

1=not at all

10= very much

### **Factors that increase my risk for crisis are:**

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

### **Signs/feelings that warn me that I am getting into difficulty are:**

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

### **When I notice these early warning signs I will:**

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

### **The following people/resources can help me with my safety action plan:**

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**My Crisis Prevention and Safety Action Plan  
Resources for Lanark County**

**Emergency 24-Hour Services**

Police, Fire or Ambulance .....	911
Distress Line (Lanark, Leeds & Grenville) .....	1-800-465-4442
Sexual Assault Crisis Support .....	1-800-431-6121
KIDS Help Phone .....	1-800-668-6868
Assaulted Women’s Help Line.....	1-800-863-0511
Poison Control Ontario .....	1-800-268-9017
Victim Services Lanark County .....	1-866-575-0067

**Additional Services**

Open Doors for Lanark Children and Youth .....	1-800-232-8260
TriCounty Addictions .....	1-800-361-6948
Interval House (Women’s Shelter) .....	1-800-267-7946
Family and Children’s Services .....	1-866-664-9991
Operation Go Home .....	1-613-230-4663
Telehealth Ontario .....	1-866-797-0000
Lanark County Housing .....	1-800-267-1313
Lanark County Social Services .....	1-888-952-6275
Health Unit .....	1-800-660-5853
RNJ Youth Services .....	1-613-284-8304
Sexual Assault & Domestic Violence Program .....	1-613-283-2330 (ext 1258)

**Legal Services**

Legal Aid .....	1-877-314-0933
Legal Clinic .....	1-800-597-4529
Crown Attorney .....	1-613-264-1900
Victim Witness Assistance .....	1-866-296-0166
Youth Justice Services .....	1-866-353-7345