

24/7 Help

Phone

Kids Help Phone

1-800-668-6868

Canada Suicide Prevention

1-833-456-4566

Hope for Indigenous Wellness

1-855-242-3310

Text

Crisis Text Line

Text HOME to 686868

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My Safety Plan

My safety

My safety plan

My safety plan

My safety plan

When I have thoughts of suicide...		
	...this is what happens	...this is what I will do
Mind		
Body		

This is who I will call....	Phone #

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Mind		
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