

# WELLNESS PLAN

**STEP 1:** Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**STEP 2:** Three coping strategies - things I can do myself to take my mind off my problems

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**STEP 3:** Three people I can call (just to hang out or talk to) or social settings where I can go for distraction

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

**STEP 4:** Three people I can ask for help when I'm struggling

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

**STEP 5:** Professionals I can contact if I need more help

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Talk Suicide Canada Helpline - Call or text 9-8-8 or visit 988.ca
3. Crisis Response Centre - 817 Bannatyne Avenue (24/7 walk-in crisis support)
4. Work resources: \_\_\_\_\_

**STEP 6:** Two ways I can make my space safer (items I can remove that I may use to harm myself)

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