



**Crisis
Safety Plan**

1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington

Identification

Name: _____
last

first

nickname

Health Card #: _____

Address: _____

Postal Code: _____

Phone #: _____

Date of Birth: _____
year / month / day

Emergency Contact

Name: _____
last

first

relationship

Phone #: _____
home

work

Name: _____
last

first

relationship

Phone #: _____
home

work

Medical

Support Person
Counselor: _____
name

Phone: _____

Agency: _____

Doctor: _____
name

phone

Pharmacy: _____
name

phone

Crisis Safety Plan

How do I know I'm in crisis?
(warning signs / triggers)

1. _____

2. _____

3. _____

What can I do
for myself?

1. _____

2. _____

3. _____

What do I want
from others?

1. _____

2. _____

3. _____

Remind myself what is
positive and hopeful

1. _____

2. _____

3. _____

Signature

date