



A CHARS CONSULTING GUIDE

CRISIS SUPPORT

Crisis Safety Planning Template

A fill-in template to prepare for moments of crisis, before they arrive.

A safety plan is something you create while you are calm, so it is ready when you are not. In a crisis, thinking clearly is hard; having already decided what to do makes all the difference. Fill this in, keep it somewhere you can reach quickly, and share it with someone you trust.

Call 236-881-2600

charsconsulting.com · Fraser Valley, BC & across Canada

Educational resource — not a substitute for professional or emergency care. In crisis, call 911.

My warning signs

The thoughts, feelings, or situations that tell me a crisis may be building. Knowing these early gives me time to act.

Thoughts I notice:

Feelings or moods I notice:

Situations or triggers that raise my risk:

Things that help me cope on my own

Small actions, activities, or places that bring even a little relief and help me steady myself.

Things I can do right now to feel safer:

Places I can go that help me feel calm:

People I can reach out to

The people who help me feel supported, and how to reach them. Fill in real names and numbers now, while it's easy.

Person 1 (name & number):

Person 2 (name & number):

Person 3 (name & number):

Professional and crisis support

Keep these numbers here so you never have to search for them in a hard moment.

Emergency

911, for any immediate danger to life.

Talk Suicide Canada

1-833-456-4566 (call, 24/7) · text 45645 (4pm–midnight ET).

Chars Consulting

236-881-2600, for confidential guidance and a next step.

My doctor / counsellor

Making my space safer

One of the most effective things a safety plan can do is put time and distance between a hard moment and anything that could cause harm.

Steps I can take to make my environment safer:

Who can help me do this:

Keep this plan somewhere you can find it fast: your wallet, your phone, the fridge door. Share a copy with someone you trust. Revisit and update it whenever your situation changes.

Keep reading at charsconsulting.com

- [Interventions](#)
- [Relapse Prevention](#)
- [Trauma-Informed Care](#)

If you or someone you love is in immediate danger, call 911. Talk Suicide Canada: 1-833-456-4566 (call, 24/7) or text 45645. Chars Consulting: 236-881-2600 for confidential guidance and a clear next step.