

My Personal Crisis Plan

2. 3. Some of my safe people that I can reach out to on exchange are: 1. 2. 3. Things that can help me when I feel this way are? Ways to keep myself and space safe are: 1. Carly Gunn- 250-215-7873- Rotary Wellness 50/60 Support Worker 2. www.vellnesstogether.ca 3. www.foundrybc.ca 4. www.cmha.bc.ca	I know I'm triggered when I notice:
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