



## My Personal Crisis Plan

I know I'm triggered when I notice:

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Some good ways to distract myself are:

- 1.
- 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?

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Ways to keep myself and space safe are:

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Other resources I can use to get myself care are:

1. Carly Gunn- 250-215-7873- Rotary Wellness 50/60 Support Worker
2. [www.wellnesstogether.ca](http://www.wellnesstogether.ca)
3. [www.foundrybc.ca](http://www.foundrybc.ca)
4. [www.cmha.bc.ca](http://www.cmha.bc.ca)
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