

## APPENDIX 8: SAFETY PLANNING

Some of the difficult feelings / sensations I experience include (*& bonus: where I feel them in my body*):

My warning signs (e.g. situations / contexts that are likely to bring on difficult feelings):

Realistic, “healthy alternative thoughts” I can remind myself of when I am feeling this way:

My other coping skills (other things I can do to help the feelings to pass):

Specific ways I will practice good self-care (*e.g. exercise, nutrition, sleep, water, etc*):

People here in the field who I can talk to when I am having a hard time:

Professionals / agencies / others I can contact for support (when I am back home or for long term):

Local Mental Health / crisis chat line:

Local counselling agency:

Other:



## APPENDIX 9: SAFETY PLAN FOR SELF-INJURY

My warning signs (feelings /scenarios that are likely to trigger urges to self-harm):

Alternatives to self-harm that I can use here in the field (circle to the right, or write in your own):

People and places that provide safe distractions:

People here in the field who I will talk to when I feel an urge to self-harm:

Specific ways I will practice good self-care (e.g. exercise, nutrition, sleep, water, etc):

[Optional] If I choose to self-harm, ways that I will be safer while harming and after harming:

Professionals / agencies I can contact for support (when I am back home or for long term):

Local Mental Health / crisis chat line:

Local counselling support:

Other:

### ALTERNATIVES TO SELF-INJURY

#### Things that can hurt but are unlikely to cause lasting harm:

- Hard exercise: run as fast as you can, paddle as hard as you can, or hold a plank position as long as you can.
- Snap a rubber band on your arm.
- Scream in a safe place as loud as you can until your breath runs out.
- Cold: squeeze an ice cube until it melts. Or, put your feet or hands in to very cold water for as long as you can. Breathe through the painful sensations (obviously, take cold water precautions).

#### Other alternatives:

- Mindfulness, breathwork, yoga.
- Artistic, musical, or written expressions.
- Talk to someone about your feelings.
- Listen to loud music (less likely in the wilderness, but a good one for home).
- Find something to safely smash or destroy: e.g. throw rocks in to the water, chop wood, step on bull kelp balls, break sticks.
- Draw in red pen on your body where you are wanting to harm. Later, wash off the ink and care for that area of skin.



## APPENDIX 10: SAFETY PLAN FOR SUICIDAL IDEATION

Some of the difficult feelings / sensations I experience include (*& bonus: where I feel them in my body*):

My warning signs (*e.g. situations / contexts that are likely to bring on suicidal thoughts*):

My other coping skills (*other things I can do to help the feelings to pass*):

People here in the field who I will talk to when I am experiencing suicidal thoughts:

Things I will do to help keep myself physically safe (*e.g. limiting access to dangerous objects or places*):

Specific ways I will practice good self-care (*e.g. exercise, nutrition, sleep, water, etc*):

Professionals / agencies I can contact for support (when I am back home or for long term):

Local Mental Health / crisis chat line:

Local counselling agency:

Other:

One thing that is most important to me and worth living for is:

