



Start the Conversation

It can be hard to talk to people when you are struggling but it is the first step to getting help!

There are a lot of ways to start the conversation:

- Something has been bothering me. Can you help me find someone to talk to about this?
- I've been feeling _____ lately. Can I talk to you about it?
- Do you have some time to meet with me? I have a problem I'd like some help with.

To start the conversation I could say....



YOU ARE
NOT
ALONE



If you are experiencing a crisis and feel you need immediate support, please call:



CMHA Peel Crisis Line

- 905-278-9036
- 1-888-811-2222
(Caledon/Dufferin)

Suicide Crisis Helpline

- Call or Text 9-8-8

When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help.

OR

Call 911

Go to the nearest emergency room



QUEEN
SQUARE
FAMILY HEALTH TEAM



My Circle of Support & Safety Plan

Name: _____

A **Circle of Support** and **Safety Plan** is a personal tool to help you stay grounded and connected during tough moments. It includes trusted people you can reach out to, steps you can take to feel safe, and reminders of coping strategies that work for you. Keep this card with you as a quick guide to support your mental health and well-being when you need it most.



My Supports in the Community

Reaching out for support in your community can be an important part of caring for your mental health. Whether it's connecting with a community center, cultural group, helpline, or local program, these supports can help reduce isolation, offer practical resources, and remind you that you don't have to face challenges alone.













Friends/Family who Support Me

Reaching out to friends or family can be an important part of caring for your mental health. Sharing how you're feeling with someone you trust can help you feel less alone and supported during tough times.















My Safety Plan

Warning signs that I might be in crisis/need support:

- Feeling like I want to give up
- Feeling empty, hopeless, worthless
- Using unhelpful strategies to cope with my feelings

Coping strategies I can use to make myself feel better:

- Breathing exercises, meditation, yoga
- Watching my comfort show/movie
- Spend time with a pet, read a book, play a game

My plan if my symptoms get worse:

If I start to feel worse, or my thoughts and feelings become too hard to handle on my own, I will take these steps to keep myself safe and get support.

- Call a crisis line
- Talk to one of my supports



My Supports at School/Work

Seeking support from your school or workplace can be an important step in caring for your mental health. Whether it's speaking with a teacher, guidance counsellor, supervisor, or HR, letting someone know what you're going through can help you access accommodations, reduce stress, and feel less alone.















Affirmations

Use affirmations to remind yourself of your strength and to help calm difficult feelings. Saying them out loud or reading them quietly can help you feel grounded and supported.

"I am allowed to ask for help when I am hurting."

"My life has value, even when it's hard to see."

"These feelings are temporary, and I can get through this moment."

"I am not alone; there are people who care about me."

"I *deserve* help, my feelings *matter*, I *don't* have to carry this alone...."