After Trauma
Empowerment Network
(ATEN)

p. 902-758-3967
info@atenns.ca
2834 Hwy 2
PO Box 318
Shubenacadie NS B0N 2H0

www.atenns.ca

MY SAFETY PLAN (POCKET VERSION)

This plan can change — it's meant to grow with you.

Name: _____
Date: _____

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1 Early Warning Signs

(What tells me I'm struggling)

☐ _____
☐ _____
☐ _____

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2 Things I Can Do Right Now

(To lower intensity — no contact needed)

☐ _____
☐ _____
☐ _____

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3 People / Places That Help

(Distraction, connection, safety)

Person: _____ **Contact:** _____
Place: _____

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4 People I Can Ask for Help

(When I need support)

Name: _____ **Contact:** _____
Name: _____ _____**Contact:** _____

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5 Professional & Crisis Support

Therapist / Service: _____
Phone / Email: _____

If I feel unable to stay safe:

- Emergency number: _____
- Crisis support: _____

*(Anywhere in Canada: Call or text **988**. Nova Scotia Mobile Crisis Team: **1-888-429-8167**)*

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6 Making My Space Safer (Optional)

(Short-term protective steps)

☐ _____
☐ _____

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7 Reasons to Stay Safe

(People, values, moments — big or small)

☐ _____
☐ _____

Reminder

I don’t have to do this alone.
Feeling overwhelmed doesn’t mean I’ve failed.
Help is allowed.