



Calming Plan

I feel very upset when: (ex: when someone gets mad at me, there is a loud noise)

- _____
- _____
- _____

My support/safe people are: (ex: my mom, grandma, bestfriend)

Name:	Contact Info:

Ways to distract or calm myself are (think of your senses, ex: movies to *watch*, candles or oils to *smell*, food or drink to *taste*, music or nature sounds to *hear*, and soft blankets or pets to *touch*):

- _____
- _____
- _____
- _____
- _____

Plan created with my family (ex: call mobile crisis unit, go to the ER, etc.)

Step 1	
Step 2	
Step 3	
Step 4	



- Klinik Crisis Line: 204-786-8686 or 1-888-322-3019
- Kids Help Phone (national line available to Manitoba Youth): 1-800-668-6868
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Mobile Crisis Services (Winnipeg): 204-940-1781 (adult)
- Mobile 24-hour Youth Crisis Services: 204-949-4777 or 1-888-383-2776 outside Winnipeg
- Manitoba Suicide Prevention & Support Line: 1-877-435-7170 (1-877-HELP170)