


Six Nations Health Services
CRISIS HUB

WELLNESS PACKAGE

Safety Plan

Step 1: Warning signs (Thoughts, Images, Mood, Situation. Behaviour) that a crisis may be developing

Step 2: Internal Coping Strategies – Things I can do to take my mind off my problems without contacting another person. (Relaxation & Grounding Techniques, Physical Activity, Breathing exercises)



Step 3: People and Social Settings that Provide Healthy Distraction



Name
Name
Name
Place
Place
Place

Step 4: People whom I can ask for Help.
Name & Phone number

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●

●

Step 5: Is there someone I can contact with
Traditional / Cultural Knowledge



Step 6: Professionals & Agencies that I can contact during Crisis

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Step 7: Making the environment safe



The one thing that is most important to me and is worth living for

Safety Plan

I _____, discussed and completed this safety plan with,
_____, and will do my best to follow it.

Additional Supports

Gedeo Community Crisis Hub 226-446-9902
Monday - Friday 8:00am - 11:00pm

Six Nations Mobile Crisis Line 519-445-2204 or 1-866-445-2204
Phone Line 24/7 or text 226-777-2204 Monday - Friday 8:30am - 4:00pm

Six Nations Victim Services 1-866-964-5920
Monday - Friday 8:30am - 4:30pm

Mental Health and Addictions 519-445-2143
Monday - Friday 8:30am - 4:30pm

Ganohkwasra Family Assault Support Services 519-445-4324
Crisis / Support Line 24/7

Ogwadēni:deō 519-445-1864
Monday - Friday 8:30am - 4:30pm

Community Food Bank 519-771-0025
Monday - Friday 8:30am - 4:30pm

Six Nations Social Services 519-445-0250
Monday - Friday 8:30am - 4:00pm

Ontario Works 519-445-2084
Monday - Friday 8:30am - 4:30pm

Ogwanohgwatrae Tseh Niyogwaiho'de:
(Traditional Medicine Program) 226-227-9990 or 226-387-1977
Monday - Friday 8:30am - 4:30pm

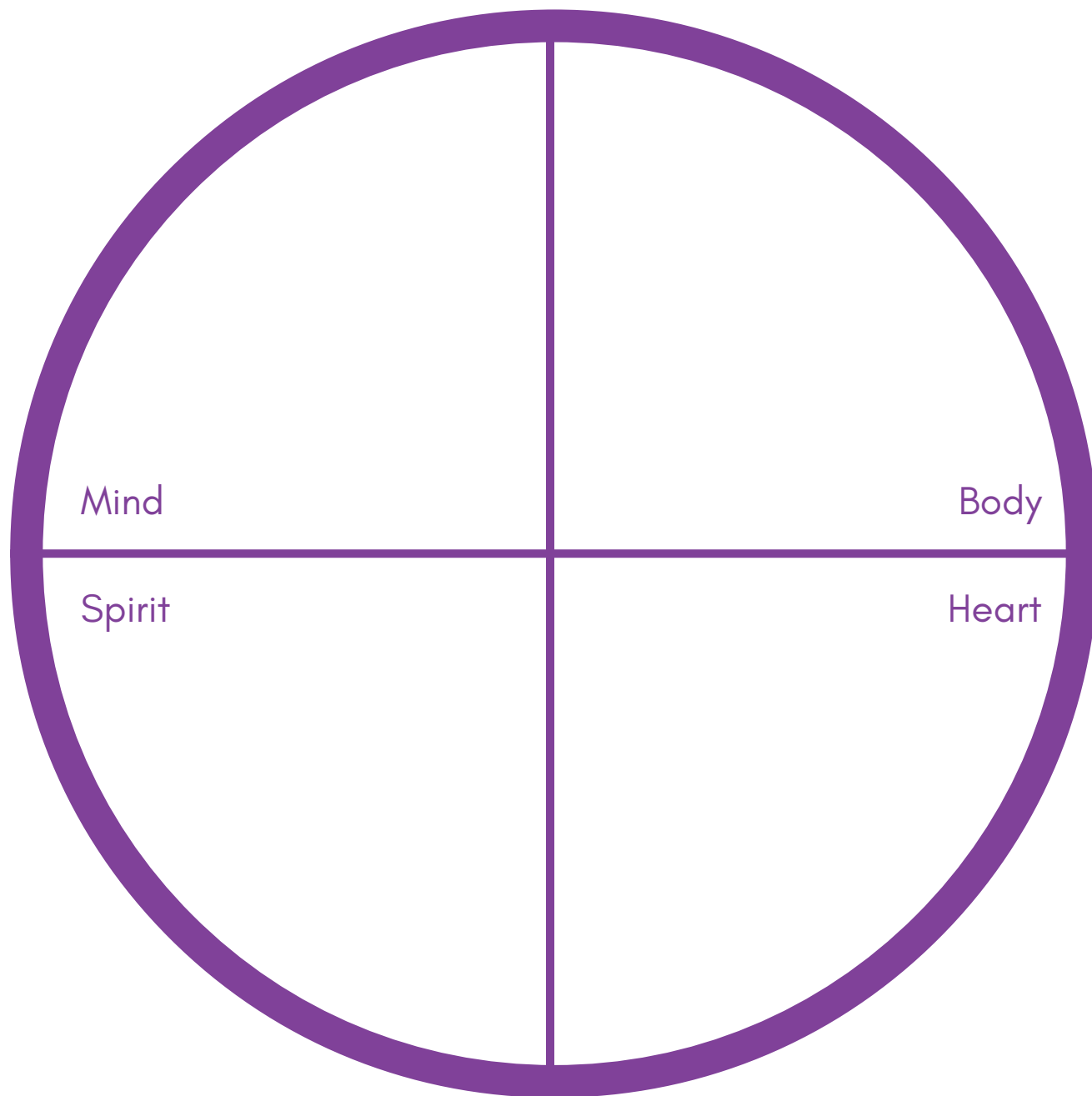
Egowadyia'dagenha' Land Based Healing Centre..... 519-445-1664
Monday - Friday 8:30 - 4:30

Wellness Plan

(Self Care Plan)

A self-care plan is a set of daily activities we deliberately take part in to improve our inner and outer well-being. Self-care isn't just about pampering or grooming yourself, although that can be part of it.

By following a self-care plan, we take care of our holistic wellness — our mental, emotional, spiritual and physical health. Taking time out of each day to nourish every part of ourselves helps us live healthier, happier, and more fulfilling lives.



Grounding Techniques

Grounding is a practice that can help you pull away from flashbacks, unwanted memories, and negative or challenging emotions. These techniques may help distract you from what you're experiencing and refocus on what's happening in the present moment. They are especially helpful in dealing with: anxiety, PTSD, dissociation, traumatic memories, substance use disorder and self-harm urges.

Physical Techniques



Put your hands in water

Focus on the water's temperature and how it feels on your fingertips, palms and back of your hands



Savour a Food or Drink

Take small bites or sips of a food or drink you enjoy, letting yourself fully taste each bite. Think about how it tastes and smells



Try the 5-4-3-2-1 method

Look around the space you are in and list things you notice around you. Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things that you can smell, and 1 thing you can taste



Pick up or touch items near you

Are the things you touch soft or hard? Heavy or light? Warm or cool? Focus on the texture and colour of each item



Take a short walk

Concentrate on your steps, you can even count them. Notice the rhythm of your footsteps and how it feels to put your foot on the ground and lift it again



Listen to your surroundings

Take a few moments to listen to the noises around you. Let the sounds wash over you and remind you where you are



Breathe deeply

Slowly inhale, then exhale. Feel each breath filling your lungs and note how it feels to push it back out



Feel your body

You can do this sitting or standing. Focus on how your body feels from head to toe. Noticing each part



Move your body

Do a few exercises or stretches. Pay attention to how your body feels with each movement.

Grounding Techniques

Mental Techniques



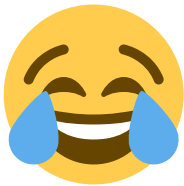
Think in categories

Choose one or two broad categories, such as musical instruments or ice cream flavours. Take a minute or two to mentally list as many things from each category as you can.



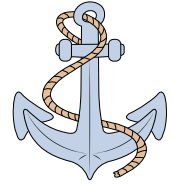
Describe a Common Task

Think of an activity you do often or can do very well, such as making coffee, locking up your office, or tuning a guitar. Go through the process step-by-step, as if you're giving someone else instructions on how to do it.



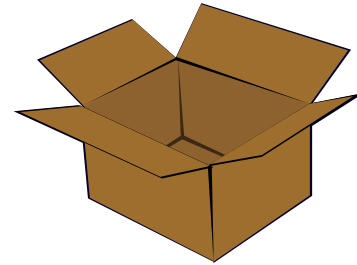
Make yourself Laugh

Make up a silly joke. You might also make yourself laugh by watching your favorite funny animal video, a clip from a comedian or TV show you enjoy, or anything else you know will make you laugh.



Use an Anchoring Phrase

This might be something like, "I'm Full Name. I'm X years old. I live in City, State. Today is Friday, June 3. It's 10:04 in the morning. I'm sitting at my desk at work. There's no one else in the room." You can expand on the phrase by adding details until you feel calm, such as, "It's raining lightly, but I can still see the sun. It's my break time. I'm thirsty, so I'm going to make a cup of tea."



Imagine Yourself Leaving the Painful Feelings Behind

Picture yourself:

- gathering the emotions, balling them up, and putting them into a box
- walking, swimming, biking, or jogging away from painful feelings
- imagining your thoughts as a song or TV show you dislike, changing the channel or turning down the volume — they're still there, but you don't have to listen to them.



Play a Memory Game

Look at a detailed photograph or picture (like a cityscape or other "busy" scene) for 5 to 10 seconds. Then, turn the photograph face-down and recreate the photograph in your mind, in as much detail as possible. Or, you can mentally list all the things you remember from the picture.

Grounding Techniques



Soothing Techniques



Practice Self Kindness

Repeat kind, compassionate phrases to yourself:

- "You're having a rough time, but you'll make it through."
- "You're strong, and you can move through this pain."
- "You're trying hard, and you're doing your best."

Say it, either aloud or in your head, as many times as you need.



Sit with your Pet

If you're at home and have a pet, spend a few moments just sitting with them. If they're of the furry variety, pet them, focusing on how their fur feels. Focus on their markings or unique characteristics. If you have a smaller pet you can hold, concentrate on how they feel in your hand. Not at home? Think of your favorite things about your pet or how they would comfort you if they were there.



Touch Something Comforting

This could be your favorite blanket, a much-loved T-shirt, a smooth stone, a soft carpet, or anything that feels good to touch. Think about how it feels under your fingers or in your hand. If you have a favorite sweater, scarf, or pair of socks, put them on and spend a moment thinking about the sensation of the fabric on your skin.



List Positive Things

Write or mentally list four or five things in your life that bring you joy, visualizing each of them briefly.

Visualize Your Favourite Place

Think of your favorite place, whether it's the home of a loved one or a foreign country. Use all of your senses to create a mental image. Think of the colors you see, sounds you hear, and sensations you feel on your skin.



Listen to Music

Put on your favorite song, but pretend you're listening to it for the first time. Focus on the melody and lyrics (if there are any). Does the song give you chills or create any other physical sensations? Pay attention to the parts that stand out most to you.



Picture the Voice or Face of Someone You Love

If you feel upset or distressed, visualize someone positive in your life. Imagine their face or think of what their voice sounds like. Imagine them telling you that the moment is tough, but that you'll get through it.