

SELF TOOLKIT



KID'S
VERSION

Welcome to the SELF Toolkit!

This toolkit will help you and your team to learn...

- What are your **Stressors**?
- What are your **Warning Signs**?
- What are your **Tools to Feel Better**?

We can use the **my Volcano** page to see how your warning signs and tools fit in.

When we know what works for you, we can build your **Safety Plan** together!



my Stressors are...



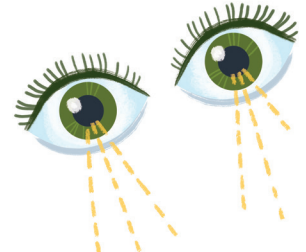
yelling



feeling tired



too many people



eye contact



school



missing someone



feeling hungry



fear of



the dark



loud noises



teasing/bullying



feeling rushed



surprises



waiting



high expectations



meeting people

my Stressors are...

CONTINUED



losing



bedtime



too much to do



textures



being told no



feeling alone



being touched



transitions/change



being told what to do



fighting



seeing people upset

anything else?



my EARLY WARNING SIGNS are...



being louder



being quieter



hard to think



not taking care
of myself



upset stomach



trouble sleeping



repeating myself



threatening/
hurting others



throwing things



feeling hot



racing heart



worrying about



hard to sit still



saying hurtful things



crying



acting silly

my **EARLY WARNING SIGNS** are...

CONTINUED



arguing/refusing



negative thoughts



headache



swearing



hurting myself



biting nails



clenched fists



shaking



hard to breathe

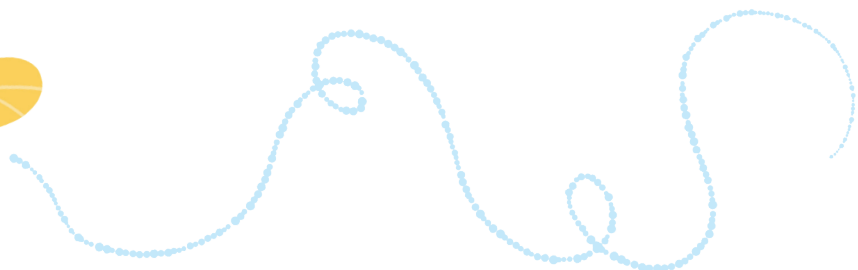


hiding



talking faster

anything
else?



my TOOLS to Feel Better are...



journaling



doing arts/crafts



taking deep breaths



counting



fidget tools



shaking out
arms/wrists



positive thinking



having a snack



going outdoors



watching a
show/movie



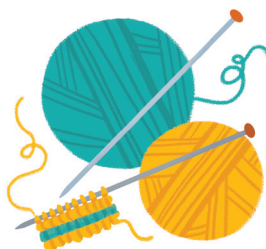
calling



getting a hug



taking medication



knitting/crocheting



looking at books



building a fort

my TOOLS to Feel Better are...

CONTINUED



splashing water
on face/wrists



playing computer/
video games



playing with animals



wrapping in a blanket



having choices



comfort item



asking for help



climbing



listening to music



playing games



relaxing with lights



colouring



having a drink



progressive
muscle relaxation



going to a
quiet space

anything
else?



STRESS
OVERLOAD!

Feeling STRESSED

Cooling Off

my
Volcano

Feeling LIKE mySELF

Feeling BETTER

my SAFETY PLAN

If I feel stressed and/or unsafe I will...

1. Use my tools to feel better, which are...

-
-
-
-
-

2. Speak to a trusted adult...

Name:

Phone:

Name:

Phone:

Ways I would like them to support me are:

Ways I would like them to support me are:

-
-
-
-

3. Call my community team (counsellor, doctor, etc.)...

Name:

Role:

Phone:

Name:

Role:

Phone:

4. Call my local crisis line:

- BC Suicide Prevention & Intervention Line: **1-800-SUICIDE (1-800-784-2433)**
- BC KUU-US Indigenous Crisis & Support Line: **1-800-588-8717** www.kuu-uscrisisline.com
- National Suicide Crisis Helpline: **Call or text 788**
- BC Mental Health Support Line (mental health or substance abuse crisis support): **310-6789**
- Hope for Wellness Indigenous Support Line: **1-855-242-3310** www.hopeforwellness.ca
- Other:

5. Go somewhere I feel safe...

-

6. Go to the Emergency Room at the nearest hospital

7. If I can't get to the hospital safely, I will call 911

An important person
in my life is...

Something I enjoy doing is...

One thing I'm looking
forward to doing is...

my TOOLS to Feel Better are...

A blank coordinate plane with a horizontal x-axis and a vertical y-axis intersecting at the origin. The axes are drawn with thin black lines. There are two small orange dots on the x-axis, one to the left of the origin and one to the right, each with a short line segment extending from it.

STAY SAFE AND HAVE FUN!

acknowledgements

The SELF Toolkit was a collaborative project co-created by patients, families, and interprofessional team members from across the Mental Health Programs at BC Children's Hospital.

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Do you have questions or feedback about this toolkit?

We would love to hear from you!

Please email PHSAHealthLiteracy@phsa.ca



STRESSORS

EARLY WARNING SIGNS

LEARNING HOW TO

FEEL BETTER

