

# 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...



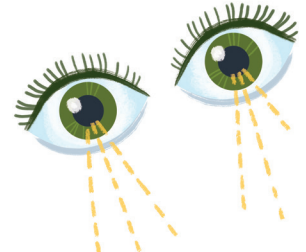
yelling



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?

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# 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

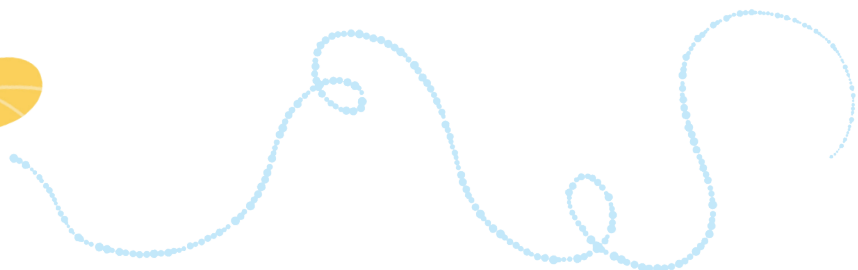


talking faster

anything  
else?

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# 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



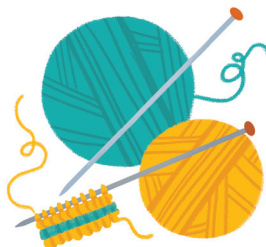
calling



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?

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# SAFETY PLAN FOR PASSES

Date/time leaving:  
Date/time returning:

Our plans for this pass are...

- Where we are staying:
- Who we will be with:
- What we are going to do together:

My stressors might be...

- 
- 
- 

My early warning signs are...

- 
- 
- 

my TOOLS to **Feel Better** are...

If we need more support we will call the unit's safety phone for support...

- 
- 

Staff will help us over the phone and if we need to, we can return to the unit.

If we need emergency support we will call 911.

STAY Safe and Have Fun!





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...

Name:

Role:

Phone:

Name:

Role:

Phone:

## 4. Call my local crisis line:

- Crisis Centre BC: 1-800-SUICIDE (1-800-784-2433)
- 310 Mental Health Support: 310-6789 (no area code required)
- 24 hour Crisis line: 604-872-3311 (Greater Vancouver)
- Kids Help Line: 1-800-668-6868 or [KidsHelpPhone.ca](http://KidsHelpPhone.ca)
- [www.youthinbc.com](http://www.youthinbc.com) online chat available from 12:00 noon until 1:00 am
- 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 x and y axes. The x-axis is horizontal and the y-axis is vertical, intersecting at the origin. There are no tick marks or labels on the axes.

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](mailto:PHSAHealthLiteracy@phsa.ca)



STRESSORS

EARLY WARNING SIGNS

LEARNING HOW TO

FEEL BETTER





