Savage Society created the following *Artist Safety Plan* in 2024 as part of their Balancing Act Level UP! Pilot Project. The document was developed to proactively support potential mental health challenges for artists during the creative process. Artists can choose whether or not to fill out the safety plan form, whether or not to share it, and who to share it with (e.g. a team member, a pre-identified third party, etc.).

Please credit Savage Society and Balancing Act
if you use, cite, or share information from this resource.

If you have any questions or would like to discuss these materials, please contact Balancing Act at balancingact@theatredirect.ca.

ARTIST SAFETY PLAN

In an effort to ensure all team members are cared for, we welcome you to fill in this form based on your comfort. This is voluntary and you are not required to submit info. You may wish to fill it in and keep it for yourself to be shared if you feel you need extra support.

NAME: _____

PHONE NUMBER: _____

SUPPORT CONTACT(S) & RELATIONSHIP: _____

THERAPEUTIC CONTACT (ELDER, COULSELOR, PSYCHIATRIST): _____

MEDICINE, DIANGOSIS, CONDITIONS: _____

WHAT ARE YOUR STEPS FOR SELF CARE: _____

WHAT REMINDERS WOULD BE USEFUL FOR SELF CARE: _____

IF THINGS ARE NOT GOING WELL, WHAT STEPS WOULD YOU LIKE US TO FOLLOW IN PROVIDING SUPPORT?: _____

ANYTHING ELSE YOU'D LIKE TO SHARE: _____

You are welcome to share this info in confidence with:

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