

Be Safe

You deserve help.

Getting Started with Be Safe

Be Safe is an easy to use, accessible tool available 24/7 to support decision making during a crisis. *Be Safe* is available in an app version* and as a pocket guide, aimed to help youth across Ontario. *Be Safe* is meant to complement a helping relationship and is not a substitute for professional, clinical services.

Be Safe features:

- A personal safety plan, including reminders of unique coping strategies and a crisis plan with personal and medical information.
- A decision-making tool, offering suggestions for local resources that might be appropriate.
- A list of local resources, including hours of operation, ages served and contact details.
- A personalized 'Get Help' script, drawing from answers to construct a guide for reaching out to professionals and other supports.
- Information on reaching out safely, including how to wait safely, what to expect when you access resources and your rights.

Who should use Be Safe?

Any young person who has been in a mental health or emotional crisis or who may experience a crisis could benefit from this tool. It is important that the young person and support person look over *Be Safe* together. It is best completed when the young person is not in crisis.

How does Be Safe work?

- Download the *Be Safe* app and/or print the Pocket Guide from www.mindyourmind.ca/interactive/be-safe
 - Make sure to print the Pocket Guide double-sided so it can be properly folded
 - The app and Pocket Guide may be used together or separately
- Review and update your *Be Safe* Plan often
- Use your *Be Safe* tool between sessions or whenever you need support

How was this developed?

Be Safe was created by a dedicated team of youth, **mindyourmind**, the Centre for Addiction and Mental Health, and other partners in the Systems Improvement through Service Collaboratives initiative in London, Ontario and surrounding area.

Folding

Be sure to print the content on both sides of one paper.

Step #1

Fold the paper in half



Step #2

Turn and fold the paper in half again



Step #3

Fold one side over to the edge



Step #4

Turn the guide over, fold the other side over to the edge

