

You deserve help.

Be Safe

mindyourmind
Explore wellness tips, interactive tools and more.

eMentalHealth.ca
Confidential, trustworthy information 24/7.

211 Ontario
Staff direct you to resources in your region.

ConnexOntario
Free and confidential. Webchat ConnexOntario.ca

I don't know what's wrong.

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Folding Guide

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Personal space for quotes & doodles

You deserve help.

The *Be Safe Pocket Guide* is meant to help you make decisions in a crisis.

This Guide will:

- Fold out to your *Be Safe Plan*
- Inform you about resources available across Ontario
- Give you options for getting help

Please keep in mind:

- It does not replace professional clinical advice or emergency services
- You should complete your *Be Safe Plan* with a supportive person when you're not in crisis
- You should keep your plan up to date

Download the *Be Safe* app for FREE at the App Store or the Google Play Store or scan the QR code or at BeSafeApp.ca



My life is at risk

Someone has hurt me or is going to

I need help

I'm going to hurt myself or someone else

I'm feeling suicidal

Distress Centre Ontario
Listening and referral services. Free and confidential.

Kids Help Phone

Phone line and website to support youth emotional wellbeing. Free and confidential. 1-800-668-6868 kidshelpphone.ca



You deserve help.

*Complete your Be Safe Plan
with a supportive person
when you are not in crisis.
Consider giving a copy to an
emergency contact.*

Full Name _____ Date of Birth _____

Address _____

Home Phone Number _____ Mobile Number _____

Emergency Contact _____ Phone Number _____

Vehicle (make, model, year, colour, license plate) _____

Health Care Provider _____ Phone Number _____

Support Worker _____ Phone Number _____

Responsibilities (school, work, pets, children, etc.) _____

Health Card No _____ Concerns / Diagnosis _____

Pharmacy _____ Phone Number _____

Drug Name	Dosage	Time	Start Date

ER Reason for Last Visit _____ Date _____

What I can do to help myself cope:

What I need from others if I ask for help:

Things, people and places that calm me:

Important things in my life:

Things that I do / ways that I feel when it's not going well:

People or resources I can contact when I am in crisis (name and phone number):