



FOLD #3

I don't know what's wrong.

- ConnexOntario**
1-866-531-2600
Free and confidential.
Webchat ConnexOntario.ca
- 211 Ontario**
Staff direct you to resources in your region.
- eMentalHealth.ca**
Confidential, trustworthy information 24/7.
- mindyourmind.ca**
Explore wellness tips, interactive tools and more.

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FOLD #1

FOLD #2

I need help with drugs, drinking, gaming...

- ConnexOntario**
Free and confidential.
Access to Addiction, Mental Health and Problem Gambling Services.
1-866-531-2600
Webchat ConnexOntario.ca

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FOLD #4



personal space for notes & doodles

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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



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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

Call 911 or go to the Emergency Department
Physical and mental health emergencies



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 _____

Cultural/Spiritual Support _____ Phone Number _____

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

Health Card _____

Health Issues/Diagnosis _____

Pharmacy _____ Phone Number _____

Drug Name	Dosage	Time	Start 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:
How do I know when I need to reach out:	In the past, when I was in crisis, this helped me:
Things I can do to keep safe I will:	Instead of: