BeSafeApp.ca

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

# mindyourmind

Please keep in mind:

Give you options for getting help

Inform you about resources available across Ontario

you're not in crisis

You should keep your plan up to date

It does not replace professional clinical advice or emergency services

You should complete your Be Safe Plan with a supportive person when

This Guide will:

Fold out to your Be Safe Plan

Call 911 or go to the Emergency Department

Physical and mental health emergencies

Phone line and website to support youth emotional wellbeing.

Kids Help Phone

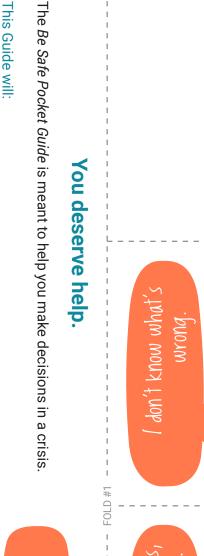
Listening and referral services. Free and confidential.

Distress Centre Ontario

Free and confidential. 1-800-668-6868

kidshelpphone.ca





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Folding Guide

personal space for quotes & doodles

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You deserve help.



## **ConnexOntario**

Health and Problem Gambling Access to Addiction, Mental Free and confidential.

Services.

Webchat ConnexOntario.ca 1-866-531-2600

by o mindyourmind

eMentalHealth.ca in your region.

Staff direct you to resources

211 Ontario

Webchat ConnexOntario.ca

Free and confidential

-866-531-2600 **ConnexOntario** 

Confidential, trustworthy information 24/7.

mindyourmind.ca

interactive tools and more. Explore wellness tips,

Be Safe

Ontario



### 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 Numb	oer							
Vehicle (make, model, year, colour, license plate)											
Health Care Provider			Phone Numb	oer							
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	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:			
Things I can do to keep safe											
I will:		Instead of:									