

# 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](http://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.

## How can I give my feedback on Be Safe?

Help us improve *Be Safe* for you and others by filling out our survey at [www.fluidsurveys.com/surveys/mindyourmind/besafe/](http://www.fluidsurveys.com/surveys/mindyourmind/besafe/)

## 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

