



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):

You deserve help.

Be Safe



I don't know what's wrong.

Connex - Mental Health

1-866-531-2600
Free and confidential.

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.

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 mindyourmind.ca/interactives/be-safe



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

Connex - Drug & Alcohol

1-800-565-8603
Free and confidential.

Connex - Problem Gambling

1-800-230-3505
Free and confidential.

personal space for quotes & doodles

My life is at risk

Someone has hurt me or is going to

I'm going to hurt myself or someone else

I'm feeling suicidal

I need help

Listening and referral services. Free and confidential.

Distress Centre Ontario

Kids' Help Phone

Phone line and website to support youth emotional wellbeing. Free and confidential.

Call 911 or visit your local Emergency Department
Physical/mental health emergencies