



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):

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# Be Safe



- Chatham Kent Children's Services**  
519-352-0440
- Walpole Island Social Service Intake**  
519-627-6072
- LGBTQ Youth Line**  
1-800-268-9688
- Kids Help Phone**  
1-800-668-6868 24/7  
Age 20 & under, free and confidential.
- mindyourmind.ca**  
Explore wellness tips, interactive tools and more.

*I don't know what's wrong.*

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

- CKHA Mental Health and Addictions**  
519-351-6144  
Talk to a counsellor
- Walpole Island Crisis Respond**  
519-627-3635
- Westover Treatment Centre**  
1-800-721-3232

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 in Chatham-Kent
- 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/interactive/besafe](http://mindyourmind.ca/interactive/besafe)



*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*

**Mental Health Crisis Line**  
519-436-6100 or 1-866-299-7447  
Talk to a counsellor

**Western Area Youth Services 519-354-4095**  
Call 911 or visit your local Emergency Department  
Physical/mental health emergencies

**Kids Help Phone 1-800-668-6868**