



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



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.

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



personal space for quotes & doodles

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

Someone has hurt me or is going to

My life is at risk

I need help

I'm going to hurt myself or someone else

I'm feeling suicidal

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