



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):

personal space for quotes & doodles

You deserve help.

# Be Safe

**St. Clair Child & Youth**  
519-337-3701 Drop in centre

**Sarnia Lambton Rebound**  
519-344-2841 Youth support

**LGBTQ Youth Line**  
1-800-265-9688

**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...*

**Withdrawal Management Program**  
519-332-4673 or 844-778-HOPE

Talk to a counsellor

**Connex - Drug and Alcohol**  
1-800-565-8603

## 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 Sarnia Lambton
- 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 need help*

*I'm going to hurt myself or someone else*

*I'm feeling suicidal*

**Lambton Mental Health Crisis Line**  
519-336-3445 or 1-800-307-4319

Talk to a counsellor

**Family Counseling Distress Line**  
519-336-3000 or 1-888-DISTRES

**Call 911 or visit your local emergency**