



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



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 Hastings and Prince Edward Counties
- 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 www.youthab.ca/apps



YOUTHAB  **mindYOURmind**
youth habilitation quinte inc. reach out get help give help
counseling housing employment

I don't know what's wrong.

Connex - Mental Health

1-866-531-2600 24/7

Free and confidential.

Kids Help Phone

1-800-668-6868 24/7

Age 20 & under, free and confidential.

Youthab Age 16 to 24

1-866-859-9222

M-F 8:30 – 4:30

Counsellors support, connect and empower youth.

I need help with gambling, drinking, drugs, gaming

Addictions and Mental Health Services Hastings-Prince Edward

613-969-0077 M-F 9-5

Assessment, treatment, outpatient counselling and referral to other services.

Connex - Drug & Alcohol

1-800-565-8603 24/7

Free and confidential.

Connex - Problem Gambling

1-800-230-3505 24/7

Free and confidential.



personnal space for notes

My life is at risk

I need help

Someone has hurt me or is going to

I'm going to hurt myself or someone else

I'm feeling suicidal

Call 911 or visit your local Emergency Department

Physical/mental health emergencies 24/7

310-OPEN Crisis 613-310-6736 Age 16+

Talk to an experienced counsellor 24/7

Children's Mental Health Services 1-844-462-2647

Age 16 & under Counsellor provides crisis support 24/7