



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 24/7
Free and confidential.

Kids Help Phone
1-800-668-6868 24/7
Age 20 & under, free and confidential.

TAY Services Age 16 to 24
Smith Falls 613-283-8260
Brockville 613-342-2262
M-F 8:30 – 4:30
Counsellors support, connect and empower youth.

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 Lanark, Leeds and Grenville
- 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



person's safety is the priority

I need help with gambling, drinking, drugs, gaming

Lanark, Leeds and Grenville Addictions and Mental Health Services
1-866-499-8445 M-F 8:30-4:30
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.

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

Call 911 or visit your local Emergency Department
Physical/mental health emergencies 24/7

Addictions and Mental Health Crisis Line
1-866-281-2911 Talk to an experienced counsellor 24/7

Kids Help Phone 1-800-668-6868
Age 20 & under Speak to a counsellor 24/7