



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



**Here 24/7**  
1-844-437-3247

Community based addictions and mental health assessment, crisis intervention, support, problem solving, and referrals/links to other resources

*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 available in Waterloo Wellington
- 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/interactives/be-safe](http://mindyourmind.ca/interactives/be-safe)



## Homewood – Community Addictions Treatment

519-824-1010  
Variety of community based and residential addictions, problem gambling and mental health treatment programs

**Here 24/7** 1-844-437-3247  
Community based addictions and mental health assessments

**Ray of Hope** 519-743-2311  
Provides residential and community based youth addiction treatment services and referrals/links to other resources and supports

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

*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*

## Here 24/7

1-844-437-3247 Community based crisis intervention

## Carizon/Lutherwood FrontDoor

519-749-2932 One-stop contact for families and young people seeking assistance, services and mobile crisis supports

Ask who your mental health resources are at school. You can also talk to a teacher, a guidance counselling, social worker or child and youth worker.