



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):

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# Be Safe

FOLD #3

## ReBounce Child & Youth

1-877-688-0007

Support kids, teens and families make changes.

## Wrap Around

### Northumberland

1-866-704-5534

Support families.

## Kinark Child and Family

1-800-230-8531

Provides help to children, youth, families and communities.

*I don't know what's wrong.*

FOLD #2

## Drug and Alcohol Helpline

1-800-565-8603

Helps you with questions, concerns and connects you to programs in your area.

## National Native Alcohol and Drug Abuse Program

905-352-3767

Provides community based alcohol and drug abuse prevention and treatment programs.

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

FOLD #4

**Folding Guide**



Personal space for quotes & doodles

## 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 Northumberland
- 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 BeSafeApp.ca



If you are unsure where to go call TeleHealth, 1-866-797-0000

*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*

Youth Crisis Response Program up to 18 years old 1-800-551-0403  
Four County Crisis telephone & mobile intervention 1-866-995-9933  
Call 911 or visit your local Emergency Department

Northumberland Hills Hospital, 1000 Depalma Drive, Cobourg  
Campbellford Memorial Hospital, 146 Oliver Road, Campbellford  
Peterborough Regional Health Centre, 10 Hospital Drive, Peterborough  
Trenton Memorial Hospital, 242 King Street, Trenton