My Safety Plan

Your safety is always a priority. You can use this tool to identify ways to put your safety first and get help when you may need it. For more information and support, you can visit <u>KidsHelpPhone.ca</u>

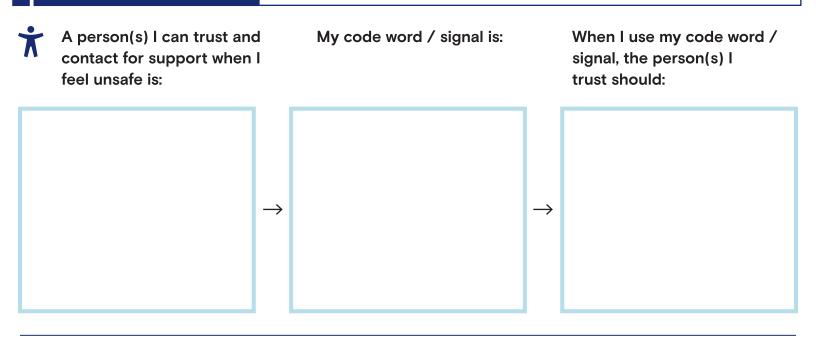
I will keep my safety plan:	Some warning signs I might be in danger are:
The last time I felt safe was:	
I was at:	I was with:
If I don't feel safe, I can go to:	To get to a safer place, I can:
	The last time I felt safe was: I was at:

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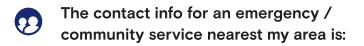
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Some things I can say / do to distance myself from someone I feel unsafe around are:

Things I can do to create mental space and let others around me know I'm unavailable to engage with them for now are:



When I contact emergency / community services for help, I can say:

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Carefully tear or cut along the dotted line.

My Safety Plan KidsHelpPhone.ca Call 1 800 668 6868 Text 686868 KIDS HELP PHONE.	Fold along this line.
A person(s) I can trust and contact for support when I feel unsafe is:	Fold along this line.
If I don't feel safe, I can go to:	
Contact info for an emergency / community service nearest my area is:	Fold along this line.

You can carefully tear, cut or fold this card and keep it with you (e.g. in a wallet, pocket, etc.) or share it with someone you trust.

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