

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 [KidsHelpPhone.ca](https://www.kidshelpphone.ca)



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:

KidsHelpPhone.ca
Call 1 800 668 6868
Text 686868



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A person(s) I can trust and contact for support when I feel unsafe is:

My code word / signal is:

When I use my code word / signal, the person(s) I trust should:



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:



The contact info for an emergency / community service nearest my area is:

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

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Carefully tear or cut along the dotted line.

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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:

Fold along this line.

**Contact info for an emergency / community
service nearest my area is:**

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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