

Download the Be Safe App Today!



Be Safe is a mobile app that aims to help you make decisions about seeking assistance in a crisis:

- Allows you to create a digital safety plan
- Informs you about mental health and addiction resources in your local community
- Directs you to the best options for your needs through a decision-making aid
- Creates a personal 'get help script' that helps you find the words to reach out
- Empowers you to reach out safely

Be Safe is unique because it was developed in full partnership with youth and professionals. It is an accessible tool available 24/7 that helps you find help when you need it, and supports you through the process of reaching out when it feels overwhelming.

By using information from a vast network of partners, **Be Safe** makes the process of finding the right help quick and easy.

The **Be Safe** app is complemented by a paper pocket guide, which increases the accessibility of the resource and allows you to always have back-up information about community services and your safety plan.

Be Safe is available in Brant, Chappleau, Chatham-Kent, Dryden, Durham, Greater Sudbury, Haldimand-Norfolk, Hamilton, Hastings-Prince Edwards, Lanark, Leeds and Grenville, London, Manitoulin Island, Nippissing Parry Sound District, Northumberland County, Ottawa, Sarnia Lambton, Saugeen First Nation, Simcoe Muskoka, Sioux Lookout, Thunder Bay and District, Toronto-North York, Waterloo Wellington and Windsor Essex County, as well as Ontario-wide. Many regions are also available in French and Arabic.

To use the app:

- Select your region from the list. You can choose a new region or change between them at any time without losing your personal information
- Fill out your safety plan with someone you trust
- Review and update your **Be Safe** Plan often
- When you need support, open the app and use the 'Get Help' button to help make a decision about where to reach out

To download the **Be Safe** app, visit: <https://besafeapp.ca/>

