

Feeling Safe, Feeling Well Make a Plan!

NAME _____ DATE _____

Signs things are going rough and tough:

1. _____
2. _____
3. _____

Things I can do to take my mind off my problems by myself:

1. _____
2. _____
3. _____

People and places that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

People I trust who I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Professionals or agencies I can contact if I need extra help:

1. Catholic Family Services: 306-445-6960
2. Emergency Contact: 911
3. Kids Help line: 1-800-668-6868
4. Battlefords Mental Health Centre: 306-446-6500
 - After Hours/Emergency: 306-556-6501
 - Child / Youth Services: 306-446-6555
 - Health Line: 811
5. RCMP: 306-446-1720