<https://www.youtube.com/watch?v=8kiQ6lKgl3E>

<http://www.lkdsb.net/Students/besafe.htm>





Be Safe is meant to help you make decisions in a crisis. It will:

* allow you to make a safety plan
* inform you about resources in London, Ontario and surrounding area
* give you options for getting help
* empower you to reach out safely

Check out the [How to Use Be Safe](http://mindyourmind.ca/sites/default/files/images/interactives/pdf/Ontario-BeSafe-HowToUse.pdf) and print your own Personal Safety Plan in the [Be Safe Pocket Guide - Chatham Kent](http://www.lkdsb.net/Students/docs/BeSafePocketGuide-ChathamKent.pdf) or [Be Safe Pocket Guide - Sarnia Lambton](http://www.lkdsb.net/Students/docs/BeSafePocketGuide-SarniaLambton.pdf). View our [training webinar](http://camh.adobeconnect.com/p70s52kbpgu/) on using the app in your practice.

Be Safe was created by a dedicated team of youth, mindyourmind, the Centre for Addiction and Mental Health, and other partners in the [Systems Improvement through Service Collaboratives initiative](http://www.servicecollaboratives.ca/) in [London, Ontario and surrounding area](http://servicecollaboratives.ca/servicecollaborative/london/) to improve access to and coordination of mental health and addictions services for children, youth and families.

Learn more about the development process in [this article from EENet](http://eenet.ca/products-tools/4194-2/) or [this post on the CAMH website](http://camhblog.com/2014/07/16/be-safe-app-for-youth-a-community-creating-change/).

It is now available in thirteen regions: Brant, Chapleau, Chatham-Kent, Durham, Great Sudbury, Haldimand-Norfolk, Hastings-Prince Edwards, Hamilton, London Middlesex, Manitoulin Island, Sarnia Lambton, Waterloo Wellington and Windsor Essex County, as well as Ontario-wide.

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