

My Personal Safety Plan

Safety tool: Abuse in the home

Warning signs that let me know it's time to leave home, go to a different room or reach out for support:

1. _____
2. _____
3. _____

Ways I can create mental or physical space for myself:

- _____
- _____
- _____
- _____

Places I can go to feel safe:

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Things I can do to help me cope with my feelings:

What is my limit for what I can handle:

If I reach my limits I can go:

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And bring:

1. _____
2. _____
3. _____

People and services I can contact when I do not feel safe:

Kids Help Phone 

KidsHelpPhone.ca
Call: 1-800-668-6868
Text 686868