

# 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:**

--	--

**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:**

--	--

**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