



# Be Safe

by  mindyourmind

**You deserve help.**

A mobile app and pocket guide to connect you with mental health and addiction services.

Make decisions  
in a crisis.

Customize a  
safety plan.

Find reliable  
resources.



Suicide Prevention  
Community Council  
of Hamilton  
HOPE, HELP & HEALING

 @besafeapp\_ca

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[BeSafeApp.ca](https://www.besafeapp.ca)